

Ginger Teriyaki Tilapia with Crispy Rice

Mild tilapia pairs beautifully with our Japanese-inspired ginger Teriyaki sauce. We're serving it over crispy jasmine rice and fresh bok choy for an Asian dinner we just love.

30 Minutes to the Table

20 Minutes Hands On

2 Whisks Easy

Getting Organized

EQUIPMENT

Saucepan
Large Skillet

FROM YOUR PANTRY

Olive Oil
Salt & Pepper

6 MEEZ CONTAINERS

Jasmine Rice
Bok Choy
Green Onion &
Carrots
Tilapia
Ginger Teriyaki Sauce
Herbs & Sesame Seeds

Make The Meal Your Own

If you ordered the **Carb Conscious version**, we sent you cauliflower "rice" instead of the jasmine rice, reducing the **carbs per serving to 40g**. Skip steps 1 and 2. In Step 4, add the cauliflower to the pan with the Green Onions & Carrots. Sauté the cauliflower "rice" until it starts to brown, about 4 to 5 minutes. Remove from the heat and place directly on the plates instead of the rice.

Good To Know

Health snapshot per serving – 650 Calories, 48g protein, 90g Carbs, 11g fat, 15 freestyle points.

Have questions? The dinner hotline is standing by from 5 to 8 pm at 773.916.6339.

**SCAN QR CODE
to view YouTube
cooking video**



INGREDIENTS: Tilapia, Bok Choy, Jasmine Rice, Tamari, Green Onion, Ginger, Garlic, Carrots, Sesame Oil, Basil, Cilantro, Lime Juice, Basil, Cilantro, Brown Sugar, Sesame Seeds

meez meals

1. Get Organized

Bring a saucepan of water to a boil.

2. Cook the Rice

Add the **Jasmine Rice** to the boiling water with a pinch of salt and cook uncovered until the rice is tender, about 12 to 15 minutes. Remove from heat and drain well. Set aside until step 4.

*Use about
twice as
much water
as rice.*

3. Cook the Vegetables

Heat 1 Tbsp olive oil in a large skillet over high heat. When the oil is hot, add the **Bok Choy** to with a sprinkle of salt and pepper. Cook, undisturbed, until the bok choy starts to char, about 2 to 3 minutes. Remove from the skillet and set aside until step 6. Wipe out the skillet.

4. Crisp the Rice

Return the now-empty skillet to the stove with 1 Tbsp oil over high heat. When the oil is very hot, add the **Green Onions & Carrots** and the cooked rice. Mix well and then spread the rice and green onions out to the edges of the skillet. (It is OK to go up the side as well.) Cook, undisturbed, until most of the rice is crispy and is lightly browned, about 5 to 6 minutes. Transfer the rice and veggies directly to serving plates. Wipe out the skillet.

5. Cook the Tilapia

Return the now-empty skillet to the stove with 1½ Tbsp olive oil over medium high heat. When the oil is hot, place the **Tilapia** in the skillet.

Cook until the edges brown slightly, about 3 minutes. Flip and add the **Ginger Teriyaki Sauce** to the skillet. Cook an additional 3 minutes, spooning the marinade over the top of the tilapia as it boils frequently. Remove from the heat and set aside.

6. Put It All Together

Drizzle some of the sauce from the skillet over the rice. Spread the bok choy across the rice and top with the tilapia and remaining sauce. Sprinkle the **Herbs & Sesame Seeds** over that and enjoy!

Instructions for two servings.

Meez Meals * 1459 N. Elmwood Avenue * Evanston * Illinois