

DINNERLY



Scallion-Ginger Swai Foil Packet with Broccoli



20-30min



2 Servings

The no mess, no stress foil packet has come to save the day once again. We steam tender, flaky swai fish with fragrant ginger and scallions and with a tamari sauce that soaks right into the flesh. Then for another boost of flavor, we fry more ginger and scallions, making an infused oil that we pour over the fish with a dramatic sizzle. We've got you covered!

WHAT WE SEND

- ½ lb broccoli
- 1 oz mirin ¹⁷
- ½ oz tamari soy sauce ⁶
- ½ oz toasted sesame oil ¹¹
- 1 oz fresh ginger
- 2 scallions
- 10 oz pkg swai ⁴

WHAT YOU NEED

- sugar
- kosher salt
- neutral oil

TOOLS

- 2 rimmed baking sheets
- aluminium foil
- small skillet

ALLERGENS

Fish (4), Soy (6), Sesame (11), Sulphites (17). May contain traces of other allergens. Packaged in a facility that packages gluten containing products.

NUTRITION PER SERVING

Calories 300kcal, Fat 17g, Carbs 14g, Protein 28g



1. BROCCOLI VARIATION

Preheat oven to 450°F with a rack in the upper and lower thirds.

Cut **broccoli** into 1-inch florets, if necessary. Line a rimmed baking sheet with foil. Toss broccoli on prepared baking sheet with **1 tablespoon oil** and **a pinch each of salt and pepper**. Roast on lower oven rack until tender and browned in spots, about 15 minutes.



2. Prep ingredients

In a small bowl, whisk together **mirin**, **tamari**, **½ teaspoon sesame oil**, and **1 teaspoon sugar**.

Cut **half of the ginger** into thin slices. Trim **scallions**; cut in half where the whites meet the greens. Cut 2 pieces of foil into 12x20-inch rectangles.

Pat **fish** dry; lightly season with **salt**. Place 1 filet in the center of each foil. Divide ginger and scallion whites between fish.



3. Bake foil packets

Fold up edges of foil to form a well; divide **tamari mixture** between **fish**. Crimp foil edges together to make a well-sealed, loose packet with seam on top. Place packets on a 2nd rimmed baking sheet.

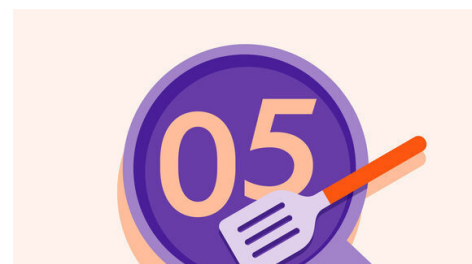
Bake on upper oven rack until fish is just cooked through, 12–14 minutes.



4. Prep scallion-ginger oil

Meanwhile, cut **scallion greens** into 2-inch pieces; thinly slice lengthwise (see step 6!). Peel **remaining ginger**; cut into thin matchsticks.

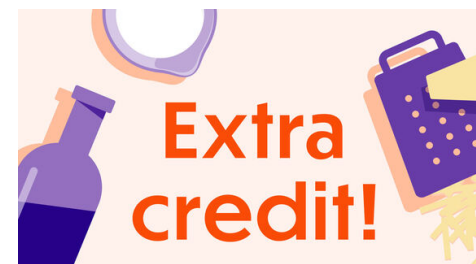
Carefully open foil packets, letting steam escape. Discard **ginger and scallion pieces**. Carefully transfer **fish** onto serving plate; pour **sauce** over top.



5. Fry scallion oil & serve

In a small skillet, heat **2 tablespoons neutral oil** over high until shimmering. Add **ginger** and cook, stirring, until starting to brown and crisp, 20–30 seconds. Add **scallion greens** and remove from heat (mixture should be sizzling).

Serve **fish** with **scallion-ginger oil** spooned over top and with **broccoli** alongside. Enjoy!



6. Ooh, fancy!

For a nicer garnish, place the scallion greens in step 4 in a small bowl of ice water for 5 minutes. The chill will make them curl up! Remember to pat them dry before adding to the oil in step 5.