

Ingredients

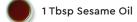




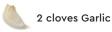
1 Tbsp Yellow Curry

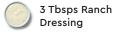


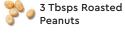














Cook the rice

- In a small pot, combine the rice, a big pinch of salt, and 1 cup of water. Heat to boiling on high.
- Once boiling, reduce the heat to low. Cover and cook, without stirring, 12 to 14 minutes, or until the water has been absorbed and the rice is tender.



• Turn off the heat and fluff with a fork. Cover to keep warm.

2 Prepare the ingredients

- Meanwhile, wash and dry the bok choy. Cut off and discard the root ends of the bok choy; thinly slice.
- Peel and roughly chop 2 cloves of garlic.
- Roughly chop the peanuts.



3 Cook the bok choy

- In a medium pan (nonstick, if you have one), heat 2 teaspoons of olive oil on medium-high until hot.
- Add the sliced bok choy and chopped garlic; season with salt and pepper. Cook, stirring frequently, 2 to 3 minutes, or until softened and the bok choy leaves are wilted.



- Transfer to a large bowl and cover with foil to keep warm.
- Wipe out the pan.

4 Coat & cook the fish

- Place the flour and curry powder on a large plate; season with salt and pepper. Stir to combine.
- Pat the fish dry with paper towels; season with salt and pepper on both sides.
- · Working one piece at a time, thoroughly coat the seasoned fish in the seasoned flour.



- In the same pan, heat a thin layer of oil on medium-high.
- Once the oil is hot enough that a pinch of flour sizzles immediately when added, add the **coated fish** (tapping off any excess flour). Cook 3 to 4 minutes per side, or until browned and cooked through.*
- Turn off the heat.

5 Make the sauce & serve your dish

- · Meanwhile, in a bowl, whisk together the ranch dressing, curry paste, and 1 teaspoon of water.
- To the bowl of cooked bok choy, add the cooked rice and sesame oil; season with salt and pepper. Stir to combine.
- Serve the finished rice and bok choy topped with the cooked fish and sauce. Garnish with the chopped peanuts. Enjoy!



*An instant-read thermometer should register 145°F.

NUTRITION PER SERVING (AS PREPARED)**

Calories: XXX, Total Carbohydrates: XXXg, Dietary Fiber: XXg, Added Sugars: XXg, Total Fat: XXg, Saturated Fat: XXg, Protein: XXg, Sodium: XXXXmg.

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Produced in a facility that processes crustacean

shellfish, egg, fish, milk, peanuts, soy, tree nuts,

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