



Cooking Made Easy

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Fearless Pan-Fried Tilapia with Chorizo Roasted Potatoes

We all have irrational fears. Recently we've had a few messages saying that we're helping some people get over their fear of cooking fish. For tonight's tilapia arm yourself with a non-stick pan, step boldly up to your stove and make it happen - it's so easy you'll wonder what all the fuss was about!



30 min



seafood first



lactose free



gluten free



healthy



New Potatoes



Chorizo



Onion



Thyme



Tilapia Fillet



Rocket

Ingredients

	2P	4P
New Potatoes, chopped	350g	700g
Chorizo, diced	¼ cup	½ cup
Onion, chopped	1	1
Thyme	3 sprigs	5 sprigs
Tilapia Fillet 1	2	4
Rocket	1 bag	2 bags

⊕ May feature in another recipe

* Good to have at home

Allergens

1) Fish

Nutrition per serving: Calories: 397 kcal | Protein: 32 g | Carbs: 36 g | Fat: 13 g | Saturated Fat: 5 g



1 Boil a pot of water with ½ tsp of salt for your potatoes. Cut the new potatoes into eighths and cook in the water for around 7 mins (until just tender). Drain and allow to cool slightly. **Tip:** *Don't overcook the potatoes as you will cook them again with the chorizo*

tilapia fillets with salt and pepper and add to the pan and cook for 3-4 mins. Very gently turn the fillets over and immediately take off the heat, allowing the residual heat from the pan to cook the flesh for 1 minute.



2 Peel and chop the onion into 1cm cubes.

6 Stir the rocket through the sautéed potatoes and serve topped with the seared tilapia fillets. Get. Stuck. In.



3 Heat ½ tbsp of olive oil in a non-stick pan. Add the chorizo and cook over a medium heat for 2 mins to allow the oil to be released.

4 Add the onions and potatoes to the pan. Add the leaves of the thyme and ½ tsp of salt and a few grinds of pepper. Cook over a medium heat for around 8 mins or until everything has crisped up a bit. **Tip:** *If you happen to have some flour in the cupboard you can use it for crispier fish. Simply mix 2 tbsp of plain flour with a good pinch of salt and pepper. Coat the fish thoroughly in the flour before moving to step 5*



5 Heat 1 tbsp of olive oil in another non-stick pan over a medium-high heat. Season the