



Cooking Made Easy

HelloFresh.co.uk



Share your masterpiece! Tag your photos with #HelloFreshSnaps and share on [f](#) [t](#) [i](#)
You'll be entered into our weekly photo contest!

Pan-Fried Tilapia with (Your Favourite) Tarragon Sauce

As you know we send out a questionnaire every week to see how you enjoyed your recipes. Renee (our menu planning guru) sits down with Patrick every Tuesday to give him the low-down and from there we plan the weeks to come. Recently we noticed a huge spike in popularity for fresh tarragon, hence the inspiration for tonight's delicious dinner!

 30 min

 seafood first

 healthy

 gluten free



New Potatoes



Green Beans



Tarragon



Tilapia Fillet





Vegetable Stock Pot



Crème Fraîche

Ingredients

	2P	4P
New Potatoes, quartered	1 cup	2 cups
Green Beans	1 cup	2 cups
Tarragon, chopped	½ tbsp	1 tbsp
Tilapia Fillet 1	2	4
Vegetable Stock Pot 2	½	1
Crème Fraîche 3	3 tbsp	5 tbsp

-  May feature in another recipe
-  Our produce comes fresh from the farm so give it a little wash before using

Allergens

- 1) Fish | 2) Celery
3) Milk

Nutrition per serving: Calories: 336 kcal | Protein: 26 g | Carbs: 35 g | Fat: 10 g | Saturated Fat: 6 g



1 Boil a large pot of water with ½ tsp of salt. Scrub the new potatoes but keep the nutritious skins on. Cut them into quarters and boil for 10-15 mins. **Tip:** *They're cooked when you can insert a knife into them and they slip off easily.*



2 Cut the very tops and bottoms off your green beans. Pick the leaves from the tarragon (you'll need about ½ tbsp) and finely chop. Boil another pot of water with ¼ tsp of salt. **Tip:** *Wait to cook the green beans until after the fish.*



3 Pat the tilapia fillets dry with a little kitchen paper. **Tip:** *For a crispy fish fillet, dip the fish into a little plain flour (if you have some) on each side. Season the fish with a pinch of salt and pepper.*



4 Heat ½ tbsp of oil in a large pan on medium-high heat. Once the pan is hot, add the fish. Fry on the first side for 4-5 mins without moving the fillet (as this will give you a crispy skin). Turn the fillets over and cook for 1 minute and then take out of the pan and keep them warm. **Tip:** *Keep the pan aside for the sauce.*

boiling water for 4 mins and drain. Dissolve half the vegetable stock pot in 150ml of water, ready for the sauce.

6 Wipe any excess oil from the pan, add the stock to the empty fish pan on medium-high heat and allow to reduce by a third. Remove from the heat and add 3 tbsp of crème fraîche. Give it all a good stir and add the chopped tarragon. Taste for seasoning and add more salt and pepper to your liking.

7 When your potatoes are cooked, drain and lightly crush them with the back of a fork. For that decadent finish toss them in 1 tsp of butter (if you have some) and a pinch of salt and pepper.

8 Divide your crushed new potatoes and green beans between your plates. Top with the tilapia fillet and the tarragon sauce.

5 Cook your green beans in the