



Cooking Made Easy

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Our Favourite Tilapia and New Potato Salad

The last time Sous Chef extraordinaire Rachel created a tilapia recipe, we had so many nice comments that it seemed only fair to try out another one. We're big fans of this particular fish at the Fresh Farm. Not only is it lean and tasty but it's sustainably sourced and takes pressure off other fish stocks. Popular in the Caribbean, we've decided to team it up with tangy capers and fresh pea shoots for the perfect taste of summer! Zip us through a picture on Facebook (hellofreshuk) and you could win our Photo of the Week competition!



20 min



family box



seafood first



lactose free



healthy



gluten free



New Potatoes



Onion



Dill



Tilapia Fillet



Lemon



Wholegrain Mustard



Lilliput Capers



Steve's Leaves Peashoots

Ingredients

	2P	4P
New Potatoes	-	4 cups
Onion, diced	-	3 tbsp
Dill, chopped	-	2 tbsp
Tilapia Fillet 1	-	4
Lemon	-	1
Wholegrain Mustard 2	-	2 tsp
Lilliput Capers	-	1 tbsp
Steve's Leaves Peashoots	-	2 bags

 May feature in another recipe

 Our produce comes fresh from the farm so give it a little wash before using

LH Step for little hands

Allergens

1) Fish | **2)** Mustard

Nutrition per serving: Calories: 283 kcal | Protein: 25 g | Carbs: 37 g | Fat: 3 g | Saturated Fat: 1 g

2



1 Scrub the potatoes but leave the nutritious skins on. Cut the bigger potatoes into quarters and the smaller ones in half and cook in boiling water with $\frac{1}{2}$ tsp salt for 8-12 mins until soft. Drain and allow to cool.

Tip: Use an old jam jar to shake up all the vinaigrette ingredients instead of dirtying a bowl and fork to save on washing up!

3



2 Peel and finely dice 3 tbsp of the onion. Roughly chop 2 tbsp of dill.

6 LH: Mix the potatoes in a bowl with the capers, 1 or 2 tbsp of diced onion (to taste), pea shoots and all but 1 tsp of the chopped dill along with the vinaigrette. **Tip:** If you like raw onion add more to your taste.

5



3 Rub the tilapia fillets with 1 tbsp of oil and season with a pinch of salt and pepper and the zest from half the lemon. Heat a non-stick frying pan over a high heat. Put the fish in the pan and fry on one side for 3-4 mins or until crisp.

7 Serve the salad with the pan seared tilapia fillets on top and the remaining dill sprinkled over.

6



4 Turn the fish fillets over and take off the heat and allow the residual heat in the pan to cook the other side for 1 minute. **Tip:** A sure-fire way to make the fish crispy is to dust in a little flour before adding to the pan.

5 LH: Make a vinaigrette by mixing the juice of the lemon with the zest from the other half, 2 tbsp of olive oil and a little salt and pepper.