

## **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



food t



lactose free







New Potatoes



Onio



Dill



Tilapia Fille



Lemon



Wholegrain Mustard



Lilliput Capers



Steve's Leave: 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

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





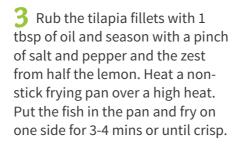
1 Scrub the potatoes but leave the nutritious skins on. Cut the bigger potatoes into quarters and the smaller ones in half and cook in boiling water with ½ tsp salt for 8-12 mins until soft. Drain and allow to cool.

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!



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

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.



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



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.