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Pan Fried Tilapia with Panzanella

Panzanella is so popular in Italy, that in the 16th century it even had a poem written about it! We've paired it with some delicious tilapia which we've coated in flour before cooking, to make it lovely and crispy. Enjoy!

 30 mins

 healthy

 lactose free



Ciabatta (1)



Red Onion (½)



Vine Tomato (2)



Cucumber (½)



Basil (½ bunch)



Red Wine Vinegar
(1 tbsp)



Lemon (½)



Flat Leaf Parsley
(3 tbsp)



Flour (2 tbsp)



Tilapia (2 fillets)

Ingredients

2 PEOPLE

ALLERGENS

Ciabatta	1	Gluten
Red Onion, chopped	½	
Vine Tomatoes, chopped	2	
Cucumber, chopped	½	
Basil, shredded	½ bunch	
Red Wine Vinegar	1 tbsp	Sulphites
Lemon	½	
Flat Leaf Parsley, chopped	3 tbsp	
Flour	2 tbsp	Gluten
Tilapia	2 fillets	Fish

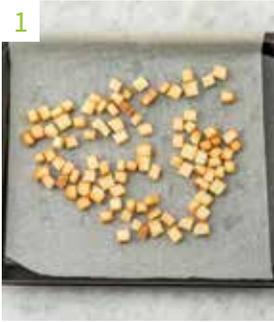
 Our fruit and veggies come straight from the farm so give them a little wash before using

Did you know...

Ciabatta was created in 1982 in Adria, Italy. This was a response to the popularity of French baguettes!

Nutrition per serving: Calories: 366 kcal | Protein: 27 g | Carbs: 47 g | Fat: 4 g | Saturated Fat: 1 g

1



1 Pre-heat your oven to 210 degrees. Slice the **ciabatta** into 1cm cubes, toss in 2 tbsp of **olive oil** and pop in the oven for 15 mins. When ready, remove your croutons from the oven, sprinkle with a pinch of **salt** and set aside to cool.

2



2 In the meantime, peel the **onion** and chop half into small cubes, about ½cm in size. Next chop the **tomatoes** and half the **cucumber** into similarly-sized small cubes. Finally, shred the **basil** leaves by slicing them very finely. Pop everything into a mixing bowl and toss together with the **red wine vinegar**, ¼ cup of **olive oil**, ¼ tsp of **salt** and ¼ tsp of **pepper**. Set aside the tomato salad mixture.

4



3 Juice half the **lemon** and chop the **parsley**, setting both aside for later.

5



4 Now for the **fish!** On a plate mix the **flour** with ¼ tsp of **salt** and a pinch of ground **black pepper**. Coat the **fish** fillets in this flour mix and set aside.

5 Pop 1 tbsp of **oil** in a frying pan on medium-low heat and fry the **fish** for 3 mins skin-side down. Carefully turn the **fish** over and fry for a further 2-3 mins. **Tip:** *The fish should be lightly crisped on each side. Remove the fish from the pan and cover with foil to keep warm.*

6 Give your pan a quick wipe with some kitchen paper to remove any excess flour bits (careful not to burn yourself!). Return the frying pan to the heat and add 1 tbsp of **butter** so it melts (if you have some! otherwise just use **oil**). Turn off the heat and fold in the chopped **parsley** and **lemon** juice.

7 Quickly toss the croutons into the lovely juicy tomato salad mixture and combine. There you have your panzanella!

8 Serve the pan-fried **tilapia** with the **lemon** parsley butter sauce and a healthy side of fresh panzanella. Buon appetito!