







More Than Food  
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## Chorizo Crusted Tilapia with Miniature Roasties

When we started HelloFresh almost five years ago, we were on a mission to get the best quality food, and the knowledge to cook it, to as many people as possible. That's why we teamed up with James Knight our wonderful fishmongers from the word go. Yes, they supply the Queen, but more importantly they care deeply about sustainable fishing and making sure you get the freshest fish possible. This week they've sent us a batch of beautiful tilapia for this quick, tasty dinner. Enjoy!



30 mins



lactose free



family box



healthy



1 of your 5 a day



Chorizo  
(2 packs)



Panko Breadcrumbs  
(30g)



New Potatoes  
(2 packs)



Onion  
(2)



Tilapia Fillet  
(4)



Rocket  
(2 bags)


## 4 PEOPLE INGREDIENTS

- Chorizo
- Panko Breadcrumbs
- New Potatoes, quartered

**2 packs**  
**30g**  
**2 packs**

- Onion, chopped
- Tilapia Fillet
- Rocket

**2**  
**4**  
**2 bags**

 Our fruit and veggies may need a little wash before cooking!

### Did you know...

Rocket is also known as arugula or rucola.

**Allergens:** Gluten, Fish.

### Nutrition as per prepared and listed ingredients

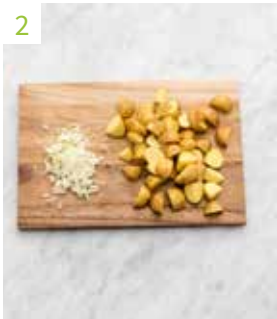
	Energy	Fat	Sat. Fat	Carbs	Sugar	Protein	Salt
<b>Per serving</b>	565 kcal / 2373 kJ	24 g	6 g	55 g	6 g	34 g	2 g
<b>Per 100g</b>	171 kcal / 718 kJ	7 g	2 g	17 g	2 g	10 g	1 g

1



**1** Pre-heat your oven to 200 degrees. Cut the **chorizo** into even smaller pieces and mash it with the flat edge of your knife. Heat a splash of **olive oil** in a frying pan over medium-low heat and cook your **chorizo** for 2-3 mins. **Tip:** *Try not to get too much colour on the chorizo (as you want to do this later when it's on the fish).* Add the **breadcrumbs**, mix everything up, then allow it to cool.

2



**2** Cut the **potatoes** into quarters and then peel and roughly chop the **onion** into 1cm cubes. Toss your **potatoes** in a splash of **olive oil** and a pinch of **salt** and **pepper**. Lay out on a baking tray and cook on the top shelf of your oven for 10 mins.

5



**3** After 10 mins, add your **onion** to the baking tray with your **potatoes**, give it all a good shake and cook for another 10 mins. **Tip:** *When the potatoes are crispy around the edges they're done.*

**4** Pat the **fish** dry with some kitchen paper and season with a pinch of **salt**. Pile your **chorizo mix** on top of each **fillet** and push it down with your hands to make a nice crust.

**5** Lightly grease a second baking tray with **olive oil** and lay on your **crusted fillets**. Move your **potatoes** down a shelf and cook your **fish** on the top shelf of your oven for 5mins. Then, turn on your grill to it's highest setting and allow your fish to grill for a further 2-3 mins, until the crust is golden and crispy. **Tip:** *Your potatoes can remain in the oven while your fish grills.*

**6** Stir the **rocket** through your cooked **potatoes** and **onion**, test the seasoning and add more **salt** if required and a drizzle of **olive oil**. **Tip:** *For extra flavour, pour over any oil from the fish tray that escapes from the chorizo crust.*

6



**7** Dish out your **potatoes**, **onion** and **rocket** and top with your **chorizo crusted tilapia**.

Don't forget to rate this recipe - just keep an eye on your emails for this week's survey!