



PAN-FRIED TILAPIA

with Crushed New Potatoes, Green Beans and Tarragon Sauce



HELLO TARRAGON

The name comes from the Persian word 'turkhum' meaning 'little dragon' because of its snake-like roots.



New Potatoes



Green Beans



Tarragon



Tilapia Fillet



Vegetable Stock Powder



Crème Fraîche

MEAL BAG
3

30 mins

1 of your 5 a day

For a recipe that delivers on flavour and speed, this simple but delicious dish comes out on top. Light and delicate in flavour, tilapia is a great fish to pair with this mild and creamy tarragon sauce. We've served it alongside crushed new potatoes and crunchy green beans for an easy and nutritious weeknight dinner. Tonight, you're allowed to fish for compliments!

BEFORE YOU START

Our fruit and veggies need a **little wash** before you use them! Make sure you've got two **Large Saucepans**, some **Kitchen Paper**, a **Frying Pan**, some **Foil**, a **Colander** and **Measuring Jug**. Now, let's get cooking!



1 COOK THE POTATOES

Put two large saucepans of **water**, each with a generous pinch of salt, on to boil for the potatoes and beans. Chop the **new potatoes** into 2cm chunks (no need to peel) and pop them in one of your pans of boiling water. Cook for 12-17 mins. **★ TIP:** *The potatoes are cooked when you can easily slip a knife through.* Meanwhile, trim the **green beans**. Pick the **tarragon leaves** from their stalks and finely chop (discard the stalks).



2 PAN-FRY THE FISH

Pat the **tilapia** dry with kitchen paper. Season the **fish** with a pinch of **salt** and **pepper**. Heat a splash of **oil** in a frying pan on medium-high heat. Once the pan is hot, add the **fish**. Fry for 4-5 mins. Then, carefully turn and cook for 2-3 mins more. **❗ IMPORTANT:** *The fish is cooked when the centre is opaque.* Remove from the pan, set aside and cover with foil to keep warm. Keep the pan - we'll use it again!



3 BOIL THE BEANS

While the fish cooks, pop the **green beans** in your second pan of boiling water. Cook for 4 mins, then drain in a colander and put to one side. Boil your kettle, then pour the boiling **water** (see ingredients for amount) into a measuring jug with the **stock**. Stir to dissolve, ready for the tarragon sauce.



4 MAKE THE SAUCE

Once the **tilapia** is out of your frying pan, add the **stock** to your pan on medium-high heat. Boil until it has reduced by one-third, 4-5 mins. Remove from the heat, then add the **crème fraîche**. Give it a good stir, then add the **tarragon** (don't use it all if you only want a subtle flavour). Season to taste with **salt** and **pepper** if needed.



5 CRUSH THE POTATOES

When the **potatoes** are cooked, drain in the colander and allow to steam-dry for 1 minute (you want as much water to drain out as possible). Return them to the pan and lightly crush with the back of a fork. For a decadent finish, toss them in a knob of **butter** (if you have some) and a pinch of **salt** and **pepper**.



6 FINISH AND SERVE

Divide the **crushed new potatoes** and **green beans** between your plates. Top with the **tilapia** and finish with a generous amount of **tarragon sauce**. **Enjoy!**

2 - 4 PEOPLE INGREDIENTS

In order of use

	2P	3P	4P
New Potatoes	1 small pack	1 large pack	2 small packs
Green Beans	1 small pack	1 large pack	2 small packs
Tarragon	¼ bunch	½ bunch	½ bunch
Tilapia Fillet 4)	2	3	4
Water*	150ml	225ml	300ml
Vegetable Stock Powder 10)14)	½ pot	¾ pot	1 pot
Crème Fraîche 7)	½ small pouch	¾ small pouch	1 small pouch

*Not Included

NUTRITION PER UNCOOKED INGREDIENT	PER SERVING 398G	PER 100G
Energy (kcal)	324	81
(kJ)	1354	341
Fat (g)	9	2
Sat. Fat (g)	4	1
Carbohydrate (g)	33	8
Sugars (g)	5	1
Protein (g)	31	8
Salt (g)	0.63	0.16

Nutrition for uncooked ingredients based on 2 person recipe.

ALLERGENS

4) Fish 7) Milk 10) Celery 14) Sulphites

🧼 Wash your hands before and after handling ingredients. Wash fruit and vegetables; but not meat! Use different chopping boards and utensils for raw and ready-to-eat foods or wash these in-between uses.

👍 THUMBS UP OR THUMBS DOWN?

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