



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 Pot



Crème Fraîche

35 mins

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**, a **Frying Pan**, some **Kitchen Paper**, 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 quarters (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.* Trim the tops from the **green beans**. Pick the **tarragon leaves** from their stalks and finely chop (discard the stalks).



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.



2 PAN-FRY THE FISH

Heat a splash of **oil** in a frying pan on medium-high heat. Pat the **tilapia** dry with kitchen paper. Season the **fish** with a pinch of **salt** and **pepper**. Once the pan is hot, add the **fish**. Fry for 4-5 mins. 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!



5 CRUSH THE POTATOES

When the **potatoes** are cooked, drain in your 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). Season to taste with **salt** and **pepper**.



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 pot**. Stir to dissolve.



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 PEOPLE INGREDIENTS

| | |
|-----------------------------|--------------|
| New Potatoes, quartered | 1 small pack |
| Green Beans, trimmed | 1 small pack |
| Tarragon, chopped | 1 bunch |
| Tilapia Fillet 4) | 2 |
| Water* | 150ml |
| Vegetable Stock Pot 10) 14) | ½ |
| Crème Fraîche 7) | ½ small pot |

*Not Included

| NUTRITION FOR UNCOOKED INGREDIENTS | PER SERVING 405G | PER 100G |
|------------------------------------|------------------|----------|
| Energy (kcal) | 327 | 81 |
| (kJ) | 1366 | 338 |
| Fat (g) | 9 | 2 |
| Sat. Fat (g) | 4 | 1 |
| Carbohydrate (g) | 34 | 8 |
| Sugars (g) | 6 | 1 |
| Protein (g) | 31 | 8 |
| Salt (g) | 1.47 | 0.36 |

ALLERGENS

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

Vegetable Stock Pot: Water, Salt, Yeast Extract, Glucose Syrup, Carrot Juice [7%], Dried Onion [4%], Sugar, Garlic Powder [Contains **Sulphites**], Stabiliser [Tara Gum], **Celery** Salt, **Celery** Powder, Carrot, Parsley, Ground Turmeric, Ground White Pepper.

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

👍 THUMBS UP OR THUMBS DOWN?

Either way we want to know what you think! Feedback is what makes us tick, so head online or use our app to rate this recipe or get in touch via: hello@hellofresh.co.uk

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HelloFresh UK
The Fresh Farm
60 Worship St, London EC2A 2EZ

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