



ROASTED SPICED TILAPIA

with Lentils



HELLO LENTILS

For many centuries, lentils were considered to be "the poor man's meat."



Tilapia Fillet



Curry Powder



Ground Cumin



Red Onion



Red Chilli



Lentils



Cherry Plum Tomatoes



Lemon



Coriander



Natural Yoghurt

MEAL BAG

20 mins

1.5 of your 5 a day

Little heat

Rapid recipe

Nourishing, wholesome and packed with fresh, colourful ingredients, our twenty-minute tilapia is the perfect thing to enjoy on busy evenings. Rubbed with our special curry powder and ground cumin, and roasted until golden, tilapia's delicate taste works perfectly with the bigger flavours in this dish. Served with tomatoey lentils, drizzled with chilli yoghurt, and topped with chopped coriander, this dish is a real weeknight treat.

GET PREPARED!

Preheat your Oven to 220°C.

BEFORE YOU START

Preheat your Oven to **200°C** | Wash the veggies. | Make sure you've got some **Foil**, a **Baking Tray**, **Sieve** and **Large Frying Pan**. Let's start cooking the **Roasted Spiced Tilapia with Lentils**.



1 SEASON THE FISH

- Pop the **tilapia** on a foil lined baking tray and drizzle with **oil**. Season with **salt** and **pepper**. Sprinkle over **half** the **curry powder** and **half** the **ground cumin**.
- Use your hands to coat the **fish** in the **spices**. Roast on the top shelf of your oven for 10-12 mins. **IMPORTANT:** *The fish is cooked when opaque in the centre.*
IMPORTANT: *Remember to wash your hands and equipment after handling raw fish.*



4 FINISH UP

- Stir the remaining **curry powder** and **ground cumin** into the **onion** along with a pinch of **chilli** and the **lemon zest**. Cook for 1 minute.
- Add a squeeze of **lemon juice** to the pan, then stir in the **cherry tomatoes** and **lentils**. Cook for another minute until piping hot, then season to taste with **salt**, **pepper** and more **lemon juice** if needed.



2 DO THE PREP

- Meanwhile, halve, peel and finely slice the **red onion**. Halve the **red chilli** lengthways, deseed and finely chop.
- Drain and rinse the **lentils** in a sieve. Chop the **cherry tomatoes** in half.
- Zest the **lemon** then chop into wedges. Roughly chop the **coriander** (stalks and all).



5 ALMOST THERE

- Remove the pan from the heat and stir through **half** the **coriander**.



3 FRY THE ONIONS

- Heat a drizzle of **oil** in a large frying pan on medium heat.
- Add the **onion** and cook, stirring, until soft, 3-4 mins.
- Meanwhile, pop the **yoghurt** in a small bowl and stir through a pinch of **chilli**. Set aside.



6 SERVE

- Serve the **lentils** in bowls topped with the **roasted fish** and a drizzle of the **chilli yoghurt**.
- Finish with a scattering of the remaining **coriander**, a pinch more **chilli** if liked and the remaining **lemon wedges** for squeezing over.

ENJOY!

2 - 4 PEOPLE INGREDIENTS

In order of use

	2P	3P	4P
Tilapia Fillet 4) *	2	3	4
Curry Powder 9)	1 small pot	¾ large pot	1 large pot
Ground Cumin	1 small pot	¾ large pot	1 large pot
Red Onion	1	1	2
Red Chilli *	a pinch	a pinch	a pinch
Lentils	1 carton	1½ cartons	2 cartons
Cherry Plum Tomatoes *	1 small punnet	¾ large punnet	1 large punnet
Lemon *	½	¾	1
Coriander *	1 bunch	1 bunch	1 bunch
Natural Yoghurt 7) *	½ pouch	¾ pouch	1 pouch

* Store in the Fridge

NUTRITION PER UNCOOKED INGREDIENT	PER SERVING 486G	PER 100G
Energy (kcal)	261	54
(kJ)	1092	225
Fat (g)	3	1
Sat. Fat (g)	1	1
Carbohydrate (g)	21	4
Sugars (g)	11	2
Protein (g)	34	7
Salt (g)	0.45	0.09

Nutrition for uncooked ingredients based on 2 person recipe.

ALLERGENS

4) Fish 7) Milk 9) Mustard

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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