






More Than Food
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Pan-Fried Tilapia, Zesty Lime Mash and Chilli Broccoli

Our chef Victoria is obsessed with vegetables and knows a ridiculous amount about them, from their nutritional value to interesting ways to cook them. Cooking broccoli 'Victoria's way' has transformed the way we cook this humble veggie, to create something really quite special. Who would've thought simply slicing the florets and roasting them with chilli and garlic would be so revolutionary!?



30 mins



healthy



spicy



lactose
free



gluten
free



Sweet Potato (1)



Broccoli (1)



Garlic Clove (5)



Chilli Flakes (1 tsp)



Lime (1)



Honey (1 tbsp)




Ground Coriander
($\frac{1}{2}$ tsp)



Tilapia Fillet (2)

Ingredients

	2 PEOPLE	ALLERGENS
Sweet Potato, chopped	1	
Broccoli	1	
Garlic Clove, chopped	5	
Chilli Flakes	1 tsp	
Lime	1	
Honey	1 tbsp	
Ground Coriander	½ tsp	
Tilapia Fillet	2	Fish

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

Did you know...

The acid in lime helps clean up your digestive tract - much like you can use acid to clean your kitchen!

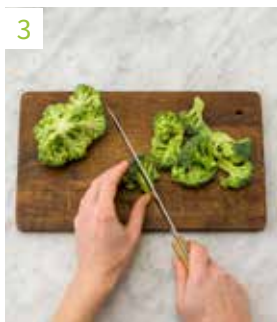
Nutrition per serving: Calories: 423 kcal | Protein: 30 g | Carbs: 73 g | Fat: 5 g | Saturated Fat: 1 g

1



1 Pre-heat your oven to 180 degrees. Bring a large pot of water to a boil with ¼ tsp of salt. Peel and roughly chop the sweet potato into small chunks, about 2cm in size.

3



2 Put the sweet potato chunks in the pot of water. Once boiling, reduce the heat and boil for 15 mins, or until the sweet potato is cooked. *Tip: The sweet potato is cooked when you can slip a blunt knife through it.* Once ready, take off the heat, drain, return to the empty pot, cover and set aside.

4



3 While the sweet potato is boiling, cut the broccoli head into florets and then into thin 1cm slices (they should look like mini trees!). Peel and finely chop the garlic. *Tip: If you happen to have a garlic crusher, use this to crush all your garlic cloves!* Pop the broccoli, garlic, chilli flakes (use less if you don't like spice!), a pinch of salt and pepper and 3 tbsp of olive oil on a baking tray and toss to thoroughly combine. Put in the oven for 20-25 mins, or until the broccoli has started to soften. Once ready, remove from the oven, cover and set aside.

6



4 Zest your lime and squeeze out the juice. Add the lime juice

and zest, together with the honey, ground coriander, 1 tbsp of butter (if you have it - if not just add 1 tbsp of olive oil) and ¼ tsp salt to the pot of drained sweet potatoes. Mash thoroughly, cover and set aside again. *Tip: Add less lime juice if you don't like lime.*

5 Now time for the fish! Rub ¼ tsp of salt and a good grind of black pepper into each fish fillet.

6 Heat 1 tbsp of oil in a large frying pan on medium-high heat. Once hot, add the fish, and cook for 4 mins. Carefully turn and cook for 1-2 mins on the other side. Once cooked, the fish should be opaque and white in colour. *Tip: Place a spatula on top of the fish to weigh it down and prevent the sides of the fish curling up whilst cooking.*

7 Place a dollop of sweet potato in the centre of your plate, then using the back of your spoon smooth it out so that it becomes like an orange purée circle on your plate. Pop the broccoli in the middle of the purée, then stack the tilapia on top! *Tip: Avoid the garlic cloves whilst plating up! Voila!*

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