



More Than Food
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Gremolata Crusted Tilapia with Roasted Mediterranean Veg

As you'll have gathered by now, we're not too much into fussy culinary terminology. Drizzles of this and towers of that and julienne and brunoise... Who makes this stuff up anyway? That said, this week we are using a 'gremolata' but it's not as complicated as it might sound. An easy to create mixture of fresh parsley, garlic and lemon zest, gremolata is really popular in Italian cooking and this evening we've added some breadcrumbs to give it a bit of crunch. Buonissimo!

35 mins

family box

healthy

lactose free



Garlic Clove (2)



Flat Leaf Parsley
(8 tbsp)



Red Pepper (2)



Courgette (2)



New Potatoes
(2 packs)



Tilapia Fillet (4)




Panko Breadcrumbs
(8 tbsp)



Lemon (1)

Ingredients

	4 PEOPLE	ALLERGENS
Garlic Clove, chopped	2	
Flat Leaf Parsley, chopped	8 tbsp	
Red Pepper, chopped	2	
Courgette, chopped	2	
New Potatoes, chopped	2 packs	
Tilapia Fillet	4	Fish
Panko Breadcrumbs	8 tbsp	Gluten, Soya
Lemon	1	

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

LH Step for little hands

Did you know...

Tilapia are herbivore fish that feed off plant algae, unlike tuna, for example, which feeds off other smaller fish.

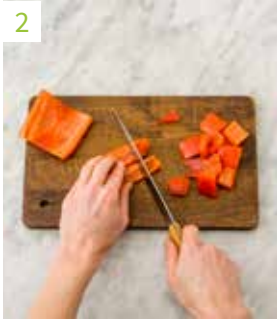
Nutrition per serving: Calories: 575 kcal | Protein: 32 g | Carbs: 83 g | Fat: 14 g | Saturated Fat: 2 g

1



1 Pre-heat your oven to 200 degrees. Peel and finely chop the **garlic**. Use the flat side of your knife or a spoon to grind it into a purée against the chopping board. Finely chop the **parsley**. **Tip:** Add a bit of **salt** to the **garlic** when you grind it - it provides texture to help purée.

2



2 Meanwhile, remove the core from the **peppers** and chop into bite-sized pieces. Cut the top and bottom off the **courgettes**, cut them in half lengthways and then cut these into long strips about 1cm wide. Chop again into roughly 1cm cubes.

4



3 Bring a large pot of water to the boil with $\frac{1}{2}$ tsp of **salt**. Chop the **potatoes** into quarters. Boil for 15 mins until cooked then drain, return to the frying pan (off the heat), add a knob of butter (if you have some!), generously season with a pinch of **salt** and a good grind of **pepper** and lightly crush with a fork. Cover and set aside.

5



4 LH: Toss the **pepper** and **courgette** in 1 **tbsp** of **olive oil**, together with $\frac{1}{2}$ **tsp** **salt** and a good grind of **pepper**. Lay the veggies out on a baking tray and cook on the top shelf of your oven for 15-20 mins, until beginning to char at the edges.

5 Season each fish fillet with a pinch of **salt** and a pinch of **pepper**. **LH:** Mix the **breadcrumbs** with the **parsley**, **garlic**, zest of the **lemon**, $\frac{1}{2}$ **tsp** of **salt** and 2 **tbsp** of **olive oil**. Place the fish on a greased baking tray, pile the **breadcrumb** mix on top of the fish, pushing down to make it stick.

6 Place the baking tray on the top shelf of your oven for 9 mins. Afterwards turn on your grill to its highest setting and grill for 2 mins, until golden on top.

7 Mix your veggies with the potatoes and divide between your bowls, top with the crusted fish and a hearty squeeze of **lemon** juice.