



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



Water



Vegetable Stock Pot



Crème Fraîche

MEAL BAG

Total: **35** mins
Hands-on: **00** mins

1 of your **5** a day

Family Box

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. Cut 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 your **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). Taste for seasoning and add **salt** and **black pepper** if necessary.



2 PAN-FRY THE FISH

Pat the **tilapia** dry with kitchen paper. Season the **fish** with a pinch of **salt** and **black pepper**. Put a splash of **oil** in a frying pan on medium-high heat. Once the pan is hot, add the **fish**, skin-side down. Fry for 4-5 mins. Then, carefully turn and cook for 2-3 mins more. **★ TIP:** *The fish is cooked when the centre is opaque.* Remove it 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) and a pinch of **salt** and **black 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** (amount specified in the ingredient list) into a measuring jug with the **vegetable stock pot**. Stir to dissolve, ready for the **tarragon sauce**.



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!**

4 PEOPLE INGREDIENTS

New Potatoes, quartered	2 packs
Green Beans, trimmed	2 packs
Tarragon, chopped	½ bunch
Tilapia Fillet 4)	4
Water*	300ml
Vegetable Stock Pot 9) 12)	1
Crème Fraîche 7)	1 small pot

*Not Included

NUTRITION	PER SERVING	PER 100G
Energy (kcal)	339	84
(kJ)	1424	353
Fat (g)	9	2
Sat. Fat (g)	6	2
Carbohydrate (g)	33	8
Sugars (g)	5	1
Protein (g)	31	8
Salt (g)	1.48	0.37

ALLERGENS

4) Fish 7) Milk 9) Celery 12) Sulphites

Vegetable Stock Pot Ingredients: 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.

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. You can even give us a call and chat to us directly on 0207 138 9055, or shoot an email to hello@hellofresh.co.uk and we'll get back to you.

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