



Cooking Made Easy

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## Provençale Tilapia with Citrus & Herb Veggies



Steaming gets a bad rep in the kitchen – but hear us out! Aside from its heart-healthiness, steaming can infuse flavors like no other. In this dish, we're steaming tilapia on a bed of vegetables with aromatics on top. The final product becomes perfumed with lemon and thyme, a classic Provençale pairing.



35 min



level 1



eat me first



lactose free



gluten free



nut free



Tilapia Fillets



Yukon Potatoes



Thyme



Yellow Squash



Garlic



Lemon



Grape Tomatoes



Mixed Olives



Onion

## Ingredients

	2 People	4 People
Tilapia Fillets	1)	4
Yukon Potatoes	12 oz	24 oz
Yellow Squash	1	2
Grape Tomatoes	1 bunch	2 bunches
Lemon	1	2
Garlic	2 cloves	4 cloves
Mixed Olives	1 oz	2 oz
Thyme	1 sprig	2 sprigs
Onion	1	2
Olive Oil*	2 T	4 T

\*Not Included

## Allergens

1) Fish

## Tools

Baking Sheet,  
Large Pan

Ruler

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**Nutrition per person** Calories: 510 cal | Carbs: 49 g | Fat: 19 g | Protein: 41 g | Fiber: 9 g



**1** Preheat oven to 400 degrees. Cut the **potatoes** into 1/2-inch cubes. Toss potatoes on a baking sheet with 1 tablespoon **olive oil** and season with **salt** and **pepper**. Roast for 20-25 minutes, tossing halfway through, until golden brown.



**2** Meanwhile, halve the **grape tomatoes**. Halve the **squash** lengthwise, then thinly slice into 1/4-inch half moons. Halve, peel, and thinly slice the **onion**. Mince or grate the **garlic**. Coarsely chop the **olives**. Thinly slice **half the lemon**.



**3** Heat 1 tablespoon **olive oil** in a large pan over medium heat. Add the **onion** and season with **salt** and **pepper**. Cook for about 5 minutes, until softened.



**4** Add the **squash** and cook, tossing, for about 6 minutes, until crisp-tender. Reduce the heat to medium-low. Add the **tomatoes, olives,** and **garlic** and cook for 1 minute, until garlic is fragrant and tomatoes soften slightly. Season with **salt** and **pepper**.

**5** Season the **tilapia** with **salt** and **pepper** on both sides and place over the veggies in the pan. Top each fillet with 3 slices of **lemon** and **half a sprig of thyme**. Cover and steam for 8-10 minutes, until tilapia easily flakes with a fork. Add a splash of **water** if the pan becomes too dry.

**6** Serve the **tilapia** with a spoonful of **veggies** and **roasted potatoes**. Finish with a squeeze of **remaining lemon!**

**Tip** To get the potatoes nice and crispy, place the baking sheet in the oven while it's preheating. The hot sheet will help form a nice crust!