



# BAKED TILAPIA & FRESH TOMATO DILL RELISH

with Roasted Green Beans & Creamy Red Potato Salad

## INGREDIENTS

2 PERSON | 4 PERSON



12 oz | 24 oz  
Red Potatoes



2 TBSP | 4 TBSP  
Crème Fraîche  
Contains: Milk



6 oz | 12 oz  
Green Beans



¼ oz | ½ oz  
Dill



1 | 2  
Tomato



1 Clove | 2 Cloves  
Garlic



11 oz | 22 oz  
Tilapia  
Contains: Fish



5 tsp | 10 tsp  
Red Wine Vinegar



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### RED POTATOES

These firm, waxy spuds are ideal for  
salads and soups.

PREP: 10 MIN | COOK: 30 MIN | CALORIES: 470





## BRIGHTEN IT UP

To finish the potato salad, splash in as much or as little of the vinegary liquid from your tomato-dill relish as you like for a delicious signature “tang.”

## BUST OUT

- Small pot
  - Baking sheet
  - Strainer
  - Paper towels
  - Medium bowl
  - Small bowl
- 
- Kosher salt
  - Black pepper
  - Cooking oil (2 tsp | 2 tsp)
  - Olive oil (1½ TBSP | 3 TBSP)

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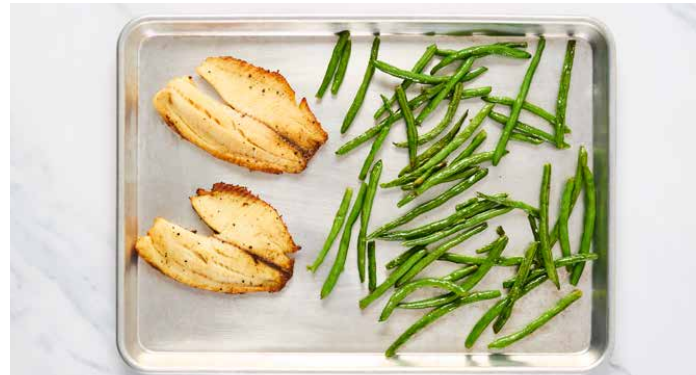
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\*Tilapia is fully cooked when internal temperature reaches 145°.



## 1 START PREP & COOK POTATOES

- Adjust rack to top position (**top and middle positions for 4 servings**) and preheat oven to 425 degrees. **Wash and dry produce.**
- Cut **potatoes** into ½-inch pieces and place in a small pot with enough **salted water to cover by 2 inches**. Bring to a boil and cook until tender, 10-12 minutes; drain.
- Transfer potatoes to a medium bowl. Add **crème fraîche, salt, and pepper**; toss to combine. Taste and season with more **salt and pepper** if desired.



## 3 ROAST GREEN BEANS & FISH

- Toss **green beans** on one side of a **lightly oiled** baking sheet with a **drizzle of oil, salt, and pepper** (spread out across entire sheet for 4 servings).
- Pat **tilapia\*** dry with paper towels and season generously with **salt and pepper**; place on empty side of same sheet. (For 4, use a second baking sheet.)
- Roast on top rack until green beans are browned and tender and tilapia is cooked through, 10-12 minutes. (For 4, roast on top and middle racks, swapping rack positions halfway through.)



## 2 FINISH PREP

- While potatoes cook, trim **green beans** if necessary. Dice **tomato** into ¼-inch pieces. Pick and roughly chop **fronds from dill**. Peel and mince or grate **garlic**.



## 4 MAKE RELISH & SERVE

- In a small bowl, combine **tomato, dill, garlic, vinegar,** and **1½ TBSP olive oil** (3 TBSP for 4 servings). Season with **salt and pepper**.
- Transfer a **splash of liquid** from **tomato-dill relish** to bowl with **potato salad**; toss to combine.
- Divide potato salad, **green beans,** and **tilapia** between plates. Spoon relish over tilapia and serve.