STEAMED TILAPIA WITH RED BEANS & KALE

plus Tomato & Lemon

INGREDIENTS

2 PERSON | **4 PERSON**

- **4 oz** | **8 oz** Kale
- **1** | **2** Onion
- **2 Clove(s)** | **4 Clove(s)** Garlic
- **1** | **2** Tomato
- **1** | **2** Lemon
- **11 oz** | **22 oz** Tilapia
  Contains: Fish
- **2** | **4** Veggie Stock Concentrates
- **1** | **2** Kidney Beans

Customizable Meal

If you chose to personalize your meal by swapping, adding, or doubling an ingredient, refer to the separate **HelloCustom** card for all the info you'll need! You can also scan here for **HelloCustom** instructions.

ANY ISSUES WITH YOUR ORDER? WE'D BE SIMMERING LIKE STEW OVER THERE TOO. SCAN HERE TO GET HELP.

PREP: 10 MIN | COOK: 30 MIN | CALORIES: 610

HELLO FRESH

HELLO

STEAMING

We love this super-simple method for cooking fish without extra butter or oil.

COVER TO COVER

If your pan doesn't have a lid, no worries! Use the bottom of a baking sheet or a piece of foil in Step 4 instead.

BUST OUT

- Strainer
- Paper towels
- Large pan

- Kosher Salt
- Black Pepper
- Cooking Oil
- Butter
  Contains: Milk

MORE IS MORE

For **2X protein or veggies**, cook in batches or larger cooking vessels (this may require longer cook times—follow the visual and temperature cues). **For 3 servings**, reduce the seasoning (and any other ingredients for the protein) by a quarter if the protein is less than the 4-serving amount. **For 6 servings**, simply triple the 2-serving recipe.

For HelloCustom nutritional information, please refer to HelloFresh.com.

HOW WAS YOUR MEAL?

Scan here to rate your recipe!

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*Fish is fully cooked when internal temperature reaches 145˚.

1 PREP

- **Wash and dry produce.**
- Halve, peel, and thinly slice **onion**. Peel and mince or grate **garlic**. Dice **tomato** into ½-inch pieces. Drain and rinse **beans**. Remove and discard any large stems from **kale**. Quarter **lemon**.

2 SEASON FISH

- Pat **tilapia*** dry with paper towels; season generously all over with **salt** and **pepper**.
- Set aside until ready to use.

3 COOK BEANS & VEGGIES

- Heat a **large drizzle of oil** in a large pan over medium-high heat. Add **onion** and cook, stirring occasionally, until softened, 3-5 minutes. Add **garlic** and cook until fragrant, 30-60 seconds.
- Add **tomato**, **beans**, **stock concentrates**, **¼ cup water**, and **2 TBSP butter** (½ cup water and 4 TBSP butter for 4 servings). Stir to combine. Bring to a simmer.

4 ADD KALE

- Once **beans, veggies, and broth** are simmering, add **kale**. Cover pan with lid. Cook, stirring occasionally, until kale has wilted, 2-3 minutes.
- Taste and season with **salt** and **pepper**.

5 STEAM FISH

- Place **tilapia** over **beans and kale**. Reduce heat to medium low. Cover pan with lid; simmer until fish is cooked through and easily flakes with a fork, 8-10 minutes more.

6 FINISH & SERVE

- Squeeze **juice from one lemon wedge** (two wedges for 4 servings) over **tilapia**.
- Divide tilapia and **red beans and kale** between plates; serve with remaining lemon wedges on the side.

If you customized your meal, refer to the cooking instructions on the **HelloCustom** card and use them as a guide to modify your recipe as needed.

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