



Cooking Made Easy

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Lemon-Roasted Tilapia

with Provençale Sauté



Take a trip to the south of France with this Provence-inspired recipe! Herbs de Provence is a fragrant mix of lavender, thyme, marjoram, savory, oregano, and rosemary. It perfumes the dish with a unique floral aroma. Bon appétit!

- 40 min
- level 1
- eat me first
- gluten free
- nut free
- lactose free



Tilapia



Baby Red Potatoes



Zucchini



Grape Tomatoes



Lemon



Garlic



Herbes de Provence



Parsley

Ingredients	2 People	4 People
Tilapia	1)	4
Baby Red Potatoes	8 oz	16 oz
Lemon	1	2
Zucchini	1	2
Grape Tomatoes	1 bunch	2 bunches
Herbes de Provence	1 t	2 t
Garlic	2 cloves	4 cloves
Parsley	1 bunch	2 bunches
Olive Oil*	2 T	4 T

*Not Included

Allergens

1) Fish

Tools

Zester, Baking Sheet, Large Pan

Ruler

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Nutrition per person Calories: 498 cal | Carbs: 28 g | Fat: 28 g | Protein: 39 g | Fiber: 6 g



1 Preheat oven to 425 degrees. Zest and juice the **lemon**. Place the **tilapia fillets** on a lightly oiled baking sheet. Top with the **half the lemon juice, half the lemon zest, salt, and pepper**. Set aside and let marinate.



2 Meanwhile, halve the **grape tomatoes**. Mince the **garlic** and **parsley**. Cut the **potatoes** and **zucchini** into ½-inch cubes.

3 Heat 1 tablespoon **olive oil** in a large pan over medium-high heat. Add the **potatoes** and cook, tossing, for about 8-10 minutes until browned and cooked through. Season with **salt** and **pepper**, then remove from the pan and set aside.



4 Place the **tilapia** in the oven for 6-8 minutes, until flaky and opaque.

5 Meanwhile, heat another 1 tablespoon **olive oil** in the same pan you cooked the potatoes over medium-high heat. Add the **zucchini** and cook, tossing, for 5-7 minutes, or until golden brown. Add the **cooked potatoes, tomatoes, garlic, and herbes de Provence** to the pan and cook, tossing, 1-2 more minutes, until tomatoes are softened. Stir in **remaining lemon zest**. Season generously with **salt** and **pepper**.

6 Plate a mound of **veggies** and serve the **tilapia** on top. Sprinkle with **chopped parsley** and finish with a squeeze of **lemon**. Enjoy!

Did you know? There are more than 4,000 types of potatoes! Feel free to sub in any variety you like the next time you make this dish.

