



# PAN-FRIED TILAPIA

with New Potatoes and Tarragon Sauce



## HELLO TARRAGON

*This herb's 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

35 mins

1 of your 5 a day

Tender tilapia and tasty tarragon! Try saying that ten times in a row! It may be a bit of a tongue twister but we're sure it'll be a taste bud pleaser too. Enjoy!

## BEFORE YOU START

Our fruit and veggies need a **little wash** before you use them! Put two **Large Saucepans** of water, each with a generous pinch of salt, on to boil for the potatoes and the beans. Make sure you've also got some **Kitchen Paper**, a **Frying Pan**, **Colander** and a **Measuring Jug**. Now, let's get cooking!



### 1 COOK THE POTATOES

Cut the **new potatoes** into quarters (no need to peel!) and pop them in one of your pans of boiling water. Cook for 10-15 mins. **★ TIP:** *The potatoes are cooked when you can easily slip a knife through.* Trim the tops off the **green beans**. Pick the **tarragon leaves** from their stalks and finely chop (discard the stalks).



### 2 FRY THE FISH

Pat each **tilapia fillet** dry with a little kitchen paper. Season the **fish** with a pinch of **salt** and a grind of **black pepper**. Put a splash of **oil** in a large frying pan on medium-high heat. Once the pan is hot, add the **fish**, skin-side down. Fry for 4-5 mins. Then 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 keep warm. Keep the pan - we'll use it again!



### 3 BOIL THE BEANS

Pop the **green beans** in your second pan of boiling water. Cook for 4 mins, then drain in a colander. Boil your kettle, then pour the boiling **water** (amount specified in the ingredient list) into a jug with the **vegetable stock pot**. Stir to dissolve, ready for the **tarragon sauce**.



### 4 MAKE THE SAUCE

Add the **stock** to the frying pan on medium-high heat. Boil until it has reduced by a third, 4-5 mins. Remove from the heat, wait 1 minute 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.



### 5 CRUSH THE POTATOES

When the **potatoes** are cooked, drain in a colander and allow to steam dry for a minute. 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**.



### 6 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!**

## 2 PEOPLE INGREDIENTS

New Potatoes, quartered	1 pack
Green Beans	1 pack
Tarragon, chopped	¼ bunch
Tilapia Fillet 4)	2
Water*	150ml
Vegetable Stock Pot 9) 12)	½
Crème Fraîche 7)	½ small pot

\*Not Included

NUTRITION	PER SERVING	PER 100G
Energy (kcal)	339	84
(kJ)	1426	353
Fat (g)	9	2
Sat. Fat (g)	6	2
Carbohydrate (g)	33	8
Sugars (g)	6	1
Protein (g)	31	8
Salt (g)	1.56	0.39

### 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](mailto:hello@hellofresh.co.uk) and we'll get back to you.

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