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## Pan Fried Tilapia with Warm Potato Salad and Garlicky Spring Greens

There's a man called Rhyan and that man loves potatoes more than anything in the world. He once ate 45 roast potatoes in one sitting - and no we just don't know how! Anyway, he's one lucky guy because he's our chef Mimi's flatmate and she always makes extra potato salad just for him at their barbecues. This dish is from Mimi to her pal Rhyan - because it's his favourite version of potato salad and can be eaten all year round! Enjoy Mimi's pan-fried tilapia and Rhyan's warm potato salad.

30 mins

healthy

family box



Potato (2)



Chives (5 tbsp)



Spring Greens  
(6 handfuls)



Crème Fraîche  
(1 large pot)



Wholegrain  
Mustard (1 tbsp)



Garlic Clove (2)



Flour  
(2 tbsp)



Tilapia  
(4 fillets)

## Ingredients

	4 PEOPLE	ALLERGENS
Potato, chopped	2	
Chives, chopped	5 tbsp	
Spring Greens, sliced	6 handfuls	
Crème Fraîche	1 large pot	Milk
Wholegrain Mustard	1 tbsp	Mustard
Garlic, chopped	2	
Flour	2 tbsp	Gluten
Tilapia	4 fillets	Fish

 Our fruit and veggies come straight from the farm so give them a little wash before using

**LH** Step for little hands

### Did you know...

Garlic is believed to repel insects such as mosquitos!

**Nutrition per serving:** Calories: 395 kcal | Protein: 27 g | Carbs: 40 g | Fat: 15 g | Saturated Fat: 9 g



**1** Bring a large pot of water to the boil with  $\frac{1}{2}$  tsp of **salt**. Chop the **potatoes** into roughly 3cm pieces. Chop the **chives** into roughly 1cm pieces (use scissors if you have them!) Remove the root from the **spring greens** and finely slice them.



**2** Add the **potatoes** to the boiling water and cook for 15-20 mins or until soft. **Tip:** *The potatoes are cooked when you can easily stick a knife through them.* When they're cooked, drain them and put them back in their pot. Crush them slightly with a fork and then add in the **crème fraîche**, **mustard** and chopped **chives** along with  $\frac{1}{2}$  tsp of **salt** and a good grind of **pepper**. Mix everything together, then put a lid on the pot and leave to the side.



**3** In the meantime, peel and finely chop the **garlic**.

**4 LH:** Put the **flour** in a bowl with  $\frac{1}{4}$  tsp of **salt** and a good grind of **pepper**. Add your **fish fillets** to the bowl and give the bowl a shake so the **fish** all has a coating of **flour**.



**5** Put 2 tbsp of **oil** in a frying pan on medium heat and add the **spring greens** along with  $\frac{1}{2}$  tsp of **salt** and a good grind of **pepper**.

**Tip:** *You may need two pans to do this.* Cook for 2 mins before adding the chopped **garlic**. Cook for another 1 minute. Then take the **spring greens** out of the pan and set aside while you cook the **fish**.

**6** Add another 2 tbsp of **oil** to the pan and add the **fish** fillets. Cook for 3 mins on one side before turning over and cooking for 2 mins on the other side. **Tip:** *Only turn them once in this time!*

**7** Serve your **fish** with your garlicky **spring greens** and warm **potato** salad on the side.