



ROASTED TILAPIA WITH GARLIC-SCALLION OIL

plus Creamy Chickpeas & Kale

INGREDIENTS

2 PERSON | 4 PERSON



2 | 4
Scallions



1 | 2
Lemon



2 Clove(s) | 4 Clove(s)
Garlic



1 | 2
Chickpeas



4 oz | 8 oz
Kale



11 oz | 22 oz
Tilapia
Contains: Fish



4 TBSP | 8 TBSP
Crème Fraîche
Contains: Milk



1 | 2
Veggie Stock
Concentrate



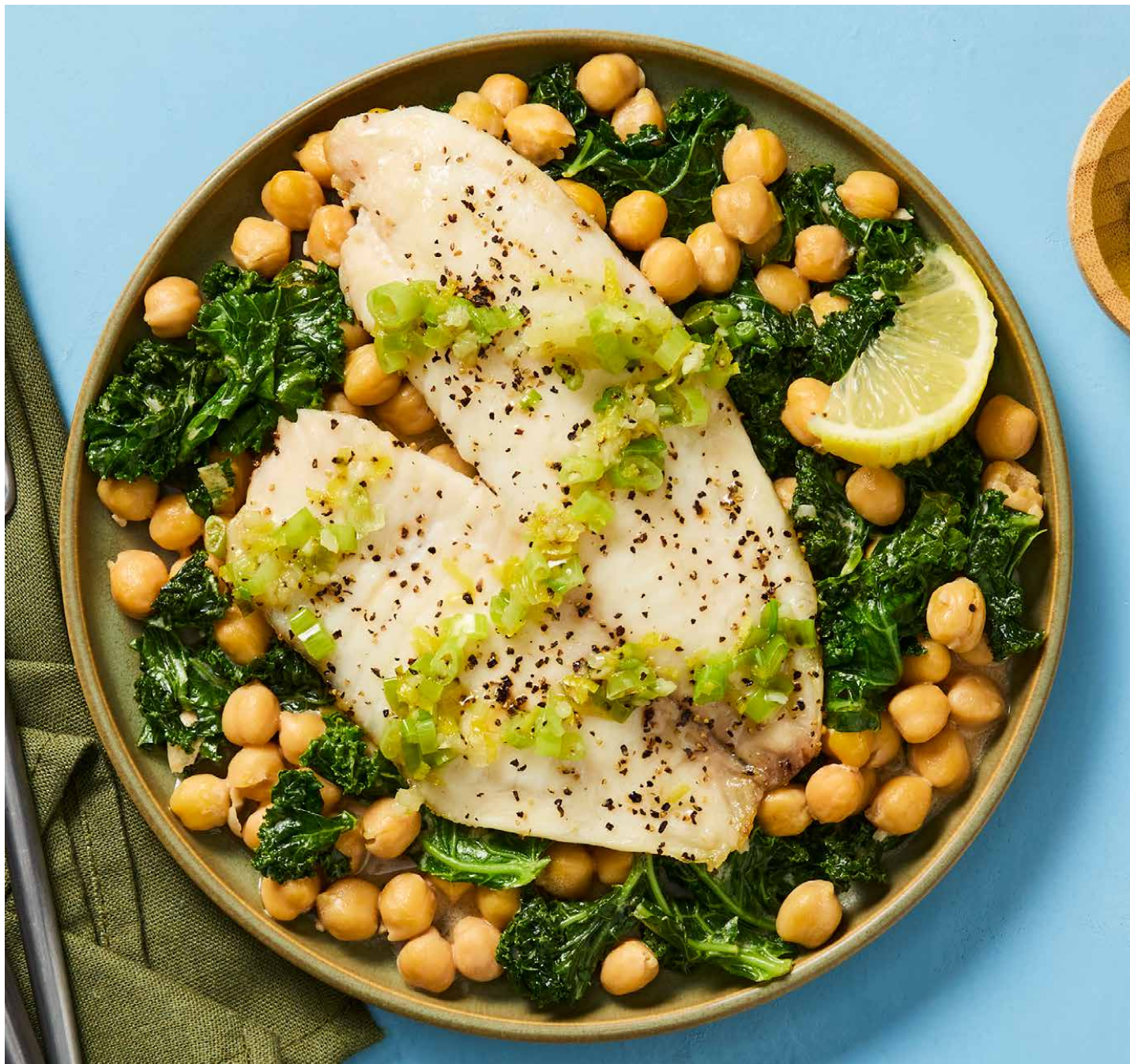
ANY ISSUES WITH YOUR ORDER?
WE'D BE SIMMERING LIKE STEW OVER
THERE TOO. SCAN HERE TO GET HELP
OR GIVE US A CALL AT (646) 846-3663.



HELLO

CRÈME FRAÎCHE

This creamy dairy product adds richness, body, and a hint of tangy flavor.



PREP: 5 MIN | COOK: 25 MIN | CALORIES: 710



HELLO FRESH

MAIN SQUEEZE

Roll the lemon under your palm on the countertop before using. This hack softens the fruit, making it easier to get all the juice out.

BUST OUT

- Zester
- Strainer
- Paper towels
- Baking sheet
- Small bowl
- Plastic wrap
- Large pan
- Kosher salt
- Black pepper
- Cooking oil (5 tsp | 8 tsp)
- Butter (2 TBSP | 4 TBSP)
Contains: Milk

MORE IS MORE

If you upgraded your meal to double your protein or veggies and/or ordered 6 servings, you may need to cook in batches or larger cooking vessels. Remember: Larger batches may = longer cook times, so follow the visual and temperature cues. (For 6-person meals, triple the amounts in the 2-person recipe.)

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

HOW WAS YOUR MEAL?



Scan here to rate your recipe!



Share your [#HelloFreshPics](#) with us [@HelloFresh](#)



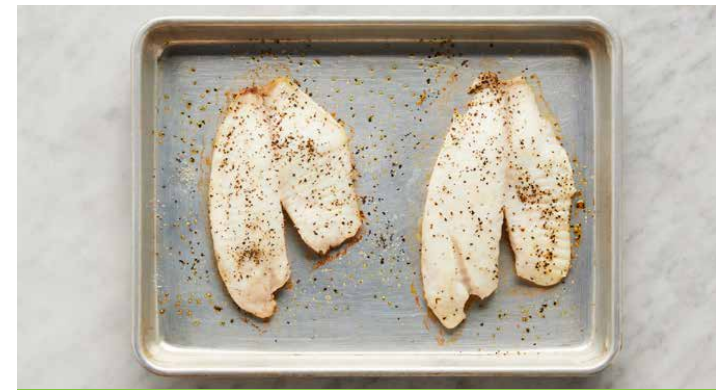
1 PREP

- Adjust rack to top position and preheat oven to 425 degrees. **Wash and dry produce.**
- Trim and thinly slice **scallions**, separating whites from greens. Zest and quarter **lemon**. Peel and mince or grate **garlic**. Drain and rinse **chickpeas**. Remove and discard any large stems from **kale**; chop if desired.



3 COOK CHICKPEAS & KALE

- Heat a **drizzle of oil** in a large pan over medium heat. Add **scallion whites** and **remaining garlic**; cook, stirring, until fragrant, 30-60 seconds.
- Add **chickpeas**, **crème fraîche**, **stock concentrate**, **1/3 cup water**, and **2 TBSP butter** (**2/3 cup water** and **4 TBSP butter** for 4 servings). Bring to a simmer, stirring occasionally.
- Once simmering, stir in **kale** and cover pan with a lid. Cook until kale is wilted, 1-2 minutes. Stir to combine. Taste and season with **salt** and **pepper**.



2 ROAST TILAPIA & MAKE SCALLION OIL

- Pat **tilapia*** dry with paper towels and season generously with **salt** and **pepper**. Place on a **lightly oiled** baking sheet. Roast on top rack until tilapia is cooked through and easily flakes with a fork, 10-12 minutes.
- Meanwhile, in a small microwave-safe bowl, combine **scallion greens**, **lemon zest**, **half the garlic**, and **1 TBSP oil** (**2 TBSP** for 4 servings). Cover with plastic wrap; microwave for 30 seconds. Remove plastic wrap; season with **salt** and **pepper** to taste.



4 SERVE

- Divide **creamy chickpeas and kale** between plates; top with **tilapia**. Drizzle with **garlic-scallion oil** and top with a **squeeze of lemon juice**. Serve with **remaining lemon wedges** on the side.

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