

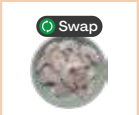


Smart Provençal-Style Fish Stew

with Zesty Garlic Aioli

Smart Meal

25 Minutes



Shrimp

285 g | 570 g

Customized Protein **+** Add **↻** Swap or ***2** Double

If you chose to alter your protein, simply follow the **icons and specific instructions** on the back in the sidebar and you're set. You can also refer to your customized recipe online, [visit hellofresh.ca](https://www.hellofresh.ca)



Tilapia
300 g | 600 g



Zucchini
1 | 2



Garlic, cloves
2 | 4



Russet Potato
1 | 2



Tomato
2 | 4



Lemon
½ | 1



Mirepoix
113 g | 227 g



Smoked Paprika-Garlic Blend
1 tbsp | 2 tbsp



Vegetable Stock Powder
1 tbsp | 2 tbsp



Zesty Garlic Blend
1 tbsp | 2 tbsp



Mayonnaise
4 tbsp | 8 tbsp

Allergens Hey home cooks! Please refer to the website or app for the as-prepared recipe nutritional information.

Ingredients are packaged in a facility that also handles egg, fish, crustacean, shellfish, milk, mustard, peanuts, sesame, soy, sulphites, tree nuts and wheat.

Pantry items | Pepper, salt, unsalted butter, oil

Cooking utensils | Baking sheet, large pot, measuring cups, measuring spoons, paper towels, parchment paper, small bowl, zester

1



Roast tilapia

- Before starting, preheat the oven to 450°F.
- Wash and dry all produce.
- **Garlic Guide for Step 5:**
 - Mild: ¼ tsp (½ tsp)
 - Medium: ½ tsp (1 tsp)
 - Extra: 1 tsp (2tsp)

[Swap](#) | [Shrimp](#)

- Pat **tilapia** dry with paper towels, then season with **salt** and **pepper**.
- Arrange **tilapia** on a parchment-lined baking sheet, then drizzle with ½ **tbsp** (1 **tbsp**) **oil**.
- Roast in the **top** of the oven until cooked through, 10-12 min.**
- Using 2 forks, break up **tilapia** into large flakes.

4



Cook stew

- Add **stock powder** and **2 cups** (3 ½ cups) **water** to the pot with **veggies**. Bring to a boil over high.
- Once boiling, add **zucchini**, then reduce heat to medium.
- Cover and cook, stirring occasionally, until **veggies** are tender, 9-11 min.

2



Prep

- Meanwhile, quarter **zucchini** lengthwise, then cut into ¼-inch quarter-moons.
- Peel, then finely mince or grate **garlic**.
- Cut **potatoes** into ½-inch pieces.
- Cut **tomato** into ½-inch pieces.
- Zest, then juice **half the lemon** (whole lemon for 4 ppl).

5



Make zesty garlic aioli

- Meanwhile, add **lemon zest**, **Zesty Garlic Blend**, **mayo**, ¼ **tsp** (½ **tsp**) **lemon juice** and ½ **tsp** (1 **tsp**) **garlic** to a small bowl. (**NOTE:** Reference garlic guide.) (**TIP:** Add ¼ **tsp** [½ **tsp**] **sugar**, if desired.)
- Season with **salt** and **pepper**, then stir to combine.

3



Cook veggies

- Heat a large pot over medium-high heat.
- When the pot is hot, add **1 tbsp** (2 **tbsp**) **butter**, then swirl until melted.
- Add **mirepoix** and **tomatoes**.
- Cook, stirring occasionally, until **tomatoes** are mostly broken down, 3-4 min. Season with **salt** and **pepper**.
- Add **potatoes** and **half the garlic**, then sprinkle **Smoked Paprika-Garlic Blend** over top.
- Cook, stirring constantly, until fragrant, 30 sec.

6



Finish and serve

- Add **tilapia** and ½ **tsp** (1 **tsp**) **lemon juice** to **stew**. Season with **salt** and **pepper**, then gently stir to combine.
- Divide **stew** between bowls.
- Dollop **aioli** over top. (**TIP:** Enjoy a little aioli with each bite instead of stirring it into the stew!)

Measurements
within steps

1 **tbsp** (2 **tbsp**) **oil**
2 person 4 person Ingredient

1 | Roast shrimp

[Swap](#) | [Shrimp](#)

If you've opted to get **shrimp**, using a strainer, drain and rinse **shrimp**. Prep and cook **shrimp** the same way the recipe instructs you to prep and cook the **tilapia**, then decrease roasting time to 4-7 min.** Continue with the recipe as written.

** Cook tilapia and shrimp to minimum internal temperatures of 70°C/158°F and 74°C/165°F, respectively, as size may vary.