



Smart Provençal-Style Fish Stew

with Tarragon Aioli

Calorie Smart

Carb Smart

30 Minutes



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Tilapia



Mirepoix



Roma Tomato



Garlic, cloves



Vegetable Stock Powder



Smoked Paprika-Garlic Blend



Lemon



Tarragon



Mayonnaise



Zucchini



Baby Spinach

HELLO TARRAGON

This herb used in French cuisine has a subtle licorice flavour!

Start here

- Before starting, preheat the oven to 450°F.
- Wash and dry all produce.

Measurements within steps **1 tbsp** (2 person) **(2 tbsp)** (4 person) **oil** (Ingredient)

Garlic Guide for Step 5:

- Mild: ¼ **tsp** (½ tsp)
- Medium: ½ **tsp** (1 tsp)
- Extra: **1 tsp** (2 tsp)

Bust out

Baking sheet, measuring spoons, zester, parchment paper, 2 small bowls, measuring cups, whisk, large pot, paper towels

Ingredients

	2 Person	4 Person
Tilapia	300 g	600 g
Mirepoix	113 g	227 g
Roma Tomato	190 g	380 g
Garlic, cloves	2	4
Vegetable Stock Powder	1 tbsp	2 tbsp
Smoked Paprika-Garlic Blend	1 tbsp	2 tbsp
Lemon	½	1
Tarragon	7 g	14 g
Mayonnaise	4 tbsp	8 tbsp
Zucchini	200 g	400 g
Baby Spinach	28 g	56 g
Unsalted Butter*	1 tbsp	2 tbsp
Oil*		
Salt and Pepper*		

* Pantry items

** Cook to a minimum internal temperature of 70°C/158°F, as size may vary.

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.



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1



Roast tilapia

- 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.**
- Use 2 forks to 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, 8-10 min.
- Add **spinach**, then stir until wilted, 1 min. Season with **salt** and **pepper**, to taste.

2



Prep

- Meanwhile, quarter **zucchini** lengthwise, then cut into ¼-inch quarter-moons.
- Peel, then finely mince or grate **garlic**.
- Roughly chop **spinach**.
- Cut **tomatoes** into ½-inch pieces.
- Zest, then juice **half the lemon** (whole lemon for 4 ppl).
- Strip **tarragon leaves** from stems, then finely chop.

5



Make tarragon aioli

- Meanwhile, add **lemon zest**, **mayo**, ¼ **tsp** (½ tsp) **lemon juice**, **2 tsp** (4 tsp) **tarragon** and ½ **tsp** **garlic** to a small bowl. (**NOTE:** Reference garlic guide.) (**TIP:** Add ¼ tsp [½ tsp] sugar, if desired.)
- Season with **salt** and **pepper**, to taste, then stir to combine.
- Transfer **1 tbsp** (2 tbsp) **tarragon aioli** to another small bowl. Add ¼ **cup** (½ cup) **liquid** from **stew**, then whisk until smooth.

3



Cook veggies

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

6



Finish and serve

- Add **aioli mixture** from the small bowl to **stew**, then stir to combine.
- Add **tilapia**, ½ **tsp** (1 tsp) **lemon juice** and **2 tsp** (4 tsp) **tarragon** to **stew**. Season with **salt** and **pepper**, to taste, then gently stir to combine.
- Divide **stew** between bowls.
- Sprinkle with **any remaining tarragon**, if desired.
- Dollop **remaining tarragon aioli** over top. (**TIP:** Enjoy a little aioli with each bite instead of stirring it into the stew!)

Dinner Solved!