

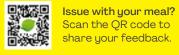
Smart Provençal-Style Fish Stew

with Tarragon Aioli

Carb Smart

Calorie Smart

30 Minutes





Tilapia Fillets







Roma Tomato

Mirepoix





Garlic, cloves



Powder



Smoked Paprika-



Garlic Blend



Tarragon



Lemon

Mayonnaise



Zucchini



Red Potato



Start here

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

Measurements 1 tbsp within steps

(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 Fillets	300 g	600 g
Shrimp	285 g	570 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	1/2	1
Tarragon	7 g	14 g
Mayonnaise	4 tbsp	8 tbsp
Zucchini	200 g	400 g
Red Potato	250 g	500 g
Unsalted Butter*	1 tbsp	2 tbsp
Oil*		

Salt and Pepper*

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

Alleraens

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.





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 1/2 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.

If you've opted to add **shrimp**, using a strainer, drain and rinse **shrimp**, then pat dry with paper towels. Season with salt and pepper. Heat a large non-stick pan over medium-high heat. When hot, add ½ tbsp (1 tbsp) oil, then shrimp. Cook, stirring occasionally, until **shrimp** just turn pink, 2-3 min.** Remove from heat. Set aside.



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.



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 tomatoes into ½-inch pieces.
- Zest, then juice half the lemon (whole lemon for 4 ppl).
- Strip tarragon leaves from stems, then finely chop.



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 potatoes and half the garlic, then sprinkle Smoked Paprika-Garlic Blend over top. Cook, stirring constantly, until fragrant, 30 sec.



Make tarragon aioli

- Meanwhile, add lemon zest, mayo, 1/4 tsp (1/2 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 1/4 cup liquid (use same for 4 ppl) from **stew**, then whisk until smooth.



Finish and serve

- Add aioli-stew mixture to the pot, then stir until combined.
- Add tilapia, 1/2 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!)

Add **shrimp** to **stew** along with **tilapia**.

Dinner Solved!