

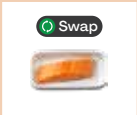


# Smart Provençal-Style Fish Stew

with Zesty Garlic Aioli

Smart Meal

25 Minutes



Salmon Fillets  
250 g | 500 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 Fillets  
300 g | 600 g



Mirepoix  
113 g | 227 g



Tomato  
2 | 4



Garlic, cloves  
2 | 4



Vegetable Stock Powder  
1 tbsp | 2 tbsp



Smoked Paprika-Garlic Blend  
1 tbsp | 2 tbsp



Lemon  
½ | 1



Zesty Garlic Blend  
1 tbsp | 2 tbsp



Mayonnaise  
4 tbsp | 8 tbsp



Zucchini  
1 | 2



Red Potato  
250 g | 500 g

**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** | Unsalted butter, oil, salt, pepper

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

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 (2 tsp)

[Swap](#) | [Salmon](#)

- 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.
- Transfer **1 tbsp** (2 tbsp) **aioli** to another small bowl. Add ¼ cup **stew liquid** (use same for 4 ppl), then whisk until smooth.

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 **aioli-stew mixture** to the pot, then stir until combined.
- 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 **remaining 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 salmon

[Swap](#) | [Salmon](#)

If you've opted to get **salmon**, prepare and cook it in the same way the recipe instructs you to prepare and cook the **tilapia**\*\*

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



Issue with your meal? Scan the QR code to share your feedback.