



Carb Smart Provençal Fisherman Soup

with Tarragon Aioli

Carb Smart 30 Minutes



Barramundi



Mirepoix



Roma Tomato



Garlic, cloves



Vegetable Broth Concentrate



Smoked Paprika-Garlic Blend



Lemon



Tarragon



Mayonnaise



Red Potato

HELLO AIOLI

This classic mayo-based sauce is popular in Southern France!

Start here

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

Garlic Guide for Step 5 (dbl for 4 ppl):

- Mild: ¼ tsp
- Medium: ½ tsp
- Extra: 1 tsp

Bust out

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

Ingredients

	2 Person	4 Person
Barramundi	282 g	564 g
Mirepoix	113 g	227 g
Roma Tomato	160 g	320 g
Garlic, cloves	2	4
Vegetable Broth Concentrate	2	4
Smoked Paprika-Garlic Blend	1 tbsp	2 tbsp
Lemon	1	1
Tarragon	7 g	14 g
Mayonnaise	2 tbsp	4 tbsp
Red Potato	300 g	600 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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Roast barramundi

Pat **barramundi** dry with paper towels, then season with **salt** and **pepper**. Arrange **barramundi** on a parchment-lined baking sheet, skin-side down, then drizzle with **½ tbsp oil** (dbl for 4 ppl). Roast in the **middle** of the oven until cooked through, 17-19 min.** When **barramundi** is done, remove and discard skin. Use 2 forks to break it up into large flakes.



Cook soup

Add **potatoes**, **broth concentrates** and **2 cups water** (dbl for 4 ppl) to the pot with **veggies**. Season with **salt** and **pepper**, then stir to combine. Bring to a boil over high. Once boiling, reduce heat to medium. Cover and cook, stirring occasionally, until **potatoes** are fork-tender, 10-12 min.



Start prep

While **barramundi** roasts, cut **potatoes** into ¼-inch pieces. Cut **tomatoes** into ½-inch pieces. Peel, then finely grate **garlic**.



Make tarragon aioli

While **soup** cooks, zest, then juice **half the lemon** (whole lemon for 4 ppl). Strip **tarragon leaves** from stems, then finely chop. Add **mayo**, **half the lemon zest**, **1 tsp tarragon**, **¼ tsp lemon juice** and **½ tsp garlic** (dbl all for 4 ppl) to a small bowl. (**NOTE:** Reference garlic guide.) Season with **salt**, to taste, then stir to combine.



Cook veggies

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



Finish and serve

Add **barramundi**, **½ tsp lemon juice** and **2 tsp tarragon** (dbl both for 4 ppl) to the pot. Season with **salt** and **pepper**, to taste, then stir to combine. Divide **soup** between bowls. Sprinkle with any **remaining lemon zest** and any **remaining tarragon**, if desired. Dollop with **tarragon aioli**. (**TIP:** Scoop up a little aioli with each bite instead of stirring it into the soup!)

Dinner Solved!