



# Smart Provençal-Style Fish Stew

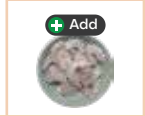
## with Zesty Garlic Aioli

Carb Smart

Calorie Smart

Quick

25 Minutes



Shrimp  
285 g | 570 g

↗ Custom Recipe

+ 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  
1/2 | 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.

1



### Roast tilapia

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

- 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.

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).

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

4



### Cook stew

+ Add | Shrimp

- 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.

5



### Make 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**, to taste, 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.

6



### Finish and serve

+ Add | Shrimp

- 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**, to taste, 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!)

### 4 | Cook shrimp

+ Add | Shrimp

If you've opted to add **shrimp**, using a strainer, drain and rinse, 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, then transfer to a plate, cover and keep warm.

### 6 | Finish and serve

+ Add | Shrimp

Top final bowls with **shrimp**.

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

