



Smart Provencal-Style Fish Stew

with Tarragon Aioli

Carb Smart

Calorie Smart

30 Minutes



Barramundi



Mirepoix



Roma Tomato



Garlic, cloves



Vegetable Broth Concentrate



Smoked Paprika-Garlic Blend



Lemon



Tarragon



Mayonnaise



Red Potato

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.

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

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

Bust out

Baking sheet, grater, measuring spoons, zester, parchment paper, 2 small bowls, measuring cups, whisk, 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	½	1
Tarragon	7 g	14 g
Mayonnaise	4 tbsp	8 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.

Contact

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1



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, 10-12 min.**
- When **barramundi** is done, remove and discard skin.
- Use 2 forks to break up **barramundi** into large flakes.

4



Cook stew

- Add **potatoes, broth concentrates** and **2 cups water** (dbl for 4 ppl) to the pot with **veggies**. Season with **salt** and **pepper**.
- Bring to a boil over high.
- Once boiling, reduce heat to medium. Cover and cook, stirring occasionally, until **potatoes** are fork-tender, 12-14 min.

2



Prep veggies

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

5



Make tarragon aioli

- Meanwhile, zest, then juice **half the lemon** (whole lemon for 4 ppl).
- Strip **tarragon leaves** from stems, then finely chop.
- Add **lemon zest, mayo, ¼ tsp lemon juice, ½ tbsp tarragon** (dbl both for 4 ppl) and **½ tsp garlic** to a small bowl. (**NOTE:** Reference garlic guide.) (**TIP:** Add ¼ tsp sugar [½ tsp for 4 ppl], if desired.) Season with **salt** and **pepper**, to taste, then stir to combine.
- Transfer **1 tbsp tarragon aioli** (dbl for 4 ppl) to another small bowl. Add **¼ cup liquid** from **stew** (dbl for 4 ppl), then whisk until smooth.

3



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.
- 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 **barramundi, ½ tsp lemon juice** and **2 tsp tarragon** (dbl both for 4 ppl) 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. Divide **stew** between bowls. (**TIP:** Enjoy a little aioli as you go instead of stirring it into the stew!)

Dinner Solved!