



Aunt Voula's Braised Tilapia

with Fennel, Tomato & Toasted Ciabatta



ca. 20min



2 Servings

You better eat up if you don't want Aunt Voula to snap you like a chicken. When she isn't making her signature lamb, she whips up this light but filling braised tilapia. The fish simmers in an aromatic broth with fennel, olives, and fresh tomatoes. Toasted ciabatta is a must for soaking up the irresistible sauce. Make your aunt proud and catch My Big Fat Greek Wedding 3, only in theaters September 8!

What we send

- 1 bulb fennel
- 2 plum tomatoes
- garlic
- 1 oz Kalamata olives
- 10 oz pkg tilapia ⁴
- ¼ oz dried oregano
- 1 pkt seafood broth concentrate ^{2,4}
- 1 ciabatta roll ¹
- ¼ oz fresh parsley

What you need

- kosher salt & ground pepper
- olive oil

Tools

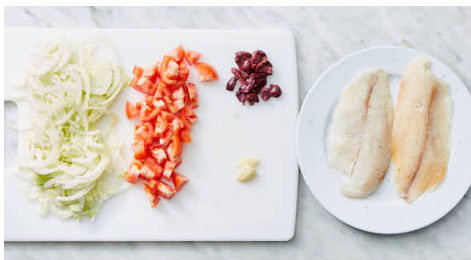
- medium (10") skillet

Allergens

Wheat (1), Shellfish (2), Fish (4). May contain traces of other allergens. Packaged in a facility that packages gluten containing products.

Nutrition per serving

Calories 460kcal, Fat 20g, Carbs 37g, Protein 36g



1. Prep ingredients

Preheat broiler with a rack in the top position. Halve **fennel** lengthwise, remove and discard core, and thinly slice. Cut **tomatoes** into ½-inch pieces.

Crush **2 large garlic cloves**; set 1 large clove aside whole for step 5. Tear **olives** in half, if desired; remove any pits, if necessary.

Pat **tilapia** dry and season all over with **salt** and **pepper**.



4. Braise tilapia

To skillet with **fennel and tomatoes**, add **olives, seafood broth concentrate**, and **¾ cup water**. Bring to a boil. Place **tilapia** in skillet and spoon **broth** over fillets.

Cover and simmer over medium heat, until tilapia is just cooked and flakes when pressed with a spoon, 3-5 minutes. Season broth to taste with **salt** and **pepper**.



2. Sauté fennel

Heat **2 tablespoons oil** in a medium skillet over medium. Add **fennel, crushed garlic cloves**, and **a pinch of salt**. Cook, stirring occasionally, until fennel is softened and starting to brown, 3-4 minutes.



3. Cook tomatoes

To skillet with **fennel**, add **tomatoes, 1 teaspoon oregano**, and **a pinch of salt**. Cover and increase the heat to high. Cook, shaking skillet occasionally, until tomatoes start to break down, 4-5 minutes. (Press on tomatoes with a spoon if needed to help them break down.)



5. Toast ciabatta

Meanwhile, split **ciabatta** crosswise and drizzle cut sides with **oil**; season with **salt** and **pepper**. Broil directly on top oven rack, cut side up, until ciabatta is lightly toasted and golden brown on the edges, 1-3 minutes (watch closely as broilers vary). Rub cut sides of bread with **reserved whole garlic clove**.



6. Finish & serve

Pick and finely chop **parsley leaves**; discard stems.

Serve **tilapia and broth** with **parsley** and **a drizzle of oil** over top. Serve **toasted ciabatta** alongside for dipping. Enjoy!