



## Shallow-Poached Tilapia

with Fingerling Potatoes & Asparagus



30min



2 Servings

Shallow poaching is a simple technique that needs to be a part of your cooking repertoire. We partially submerge tilapia in a flavorful broth made with garlic, fennel seeds, and seafood broth. It simmers gently along with asparagus and fingerling potatoes, which imparts a ton of flavor into the fish and results in a tender, flaky filet. But our favorite part about this foolproof method? It's all done in one pot.



## What we send

- ½ lb fingerling potatoes
- ½ lb asparagus
- 1 plum tomato
- garlic
- ¼ oz fennel seeds
- 1 pkt seafood broth concentrate <sup>1,2</sup>
- 10 oz pkg tilapia <sup>1</sup>
- 1 lemon
- ¼ oz fresh parsley

## What you need

- kosher salt & ground pepper
- olive oil

## Tools

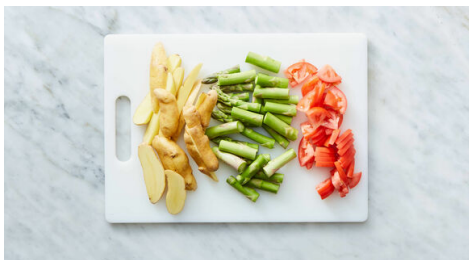
- large skillet
- microplane or grater

## Allergens

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

## Nutrition per serving

Calories 320kcal, Fat 10g, Carbs 29g, Protein 34g



### 1. Prep ingredients

Halve **potatoes** lengthwise (quarter if large).

Trim bottom ends from **asparagus**, then cut into 2-inch pieces.

Quarter **tomato** lengthwise, then thinly slice crosswise.



### 4. Add potatoes & asparagus

To same skillet, add **potatoes**, **seafood broth concentrate**, and **2 cups water**. Bring to a boil, then reduce heat to medium. Partially cover and simmer until just potatoes are tender, 10-15 minutes. Stir in **asparagus**.



### 2. Chop aromatics

Coarsely chop **2 large garlic cloves**, then add **1 teaspoon fennel seeds** and a **pinch of salt**. Continue to chop until mixture forms a paste.



### 5. Poach fish

Pat **fish** dry, then season all over with **salt** and **pepper**.

Gently place in skillet with **vegetables**. Bring to a low simmer; cover and gently poach until fish is opaque and **asparagus** is tender, 5 minutes. Season **broth** to taste with **salt** and **pepper**.



### 3. Start broth

Add **garlic mixture** and **1 tablespoon oil** to a large skillet. Cook over medium-high heat, stirring, until garlic is sizzling and fragrant, 1-2 minutes.



### 6. Finish & serve

Finely grate **all of the lemon zest** over **fish**, then cut **lemon** into wedges.

Carefully transfer **fish**, **potatoes**, and **asparagus** to shallow bowls. (It's ok if fish breaks into smaller pieces. It will still be delicious!) Ladle **broth** over top, then add **tomatoes** and **torn parsley leaves**. Serve **lemon wedges** alongside. Enjoy!