



## Shallow-Poached Tilapia with Garlic

Fingerling Potatoes & Spinach



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 fingerling potatoes, which impart a ton of flavor into the fish, and results in a tender, flaky fillet. But our favorite part about this foolproof method? It's all done in one pan.



## What we send

- ½ lb fingerling potatoes
- 6 oz grape tomatoes
- 1 lemon
- ¼ oz fresh parsley
- garlic
- ¼ oz fennel seeds
- 1 pkt seafood broth concentrate <sup>2,4</sup>
- 10 oz pkg tilapia <sup>4</sup>
- 5 oz baby spinach

## What you need

- kosher salt & ground pepper
- olive oil

## Tools

- microplane or grater
- medium skillet

## Allergens

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

## Nutrition per serving

Calories 330kcal, Fat 10g, Carbs 30g, Protein 33g



### 1. Prep ingredients

Halve or quarter **potatoes** lengthwise (depending on size). Halve **tomatoes**. Zest **lemon**, then cut into wedges. Pick **parsley leaves** from stems; discard stems and coarsely chop leaves.



### 4. Simmer broth & potatoes

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



### 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 **tilapia** dry, then season all over with **salt** and **pepper**. Gently place tilapia in broth. Bring to a low simmer; cover and poach gently for 5 minutes, or until fish is opaque and flakes easily. Season broth to taste with **salt** and **pepper**. Transfer tilapia to a plate.



### 3. Cook aromatics

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



### 6. Finish & serve

Stir **lemon zest** and **spinach** into broth until spinach is just wilted. Carefully transfer **tilapia**, **potatoes**, and **spinach** to shallow bowls. (It's ok if fish breaks into smaller pieces—it will still be delicious!) Ladle **broth** over, then top with **tomatoes**, torn **parsley leaves**, and **lemon wedges** for squeezing over. Enjoy!