



20-Min: Braised Tilapia

with Fennel, Tomato & Toasted Ciabatta



ca. 20min



2 Servings

Braising is most often used for tough cuts of meat. The low heat and moisture creates a tender bite, but we love braising fish! This technique results in flaky fillets, full of flavor, with a ready-to-serve pan sauce! For this one-skillet dinner, we simmer tilapia in an aromatic broth with fennel, olives, and fresh tomatoes. Toasted ciabatta on the side is a must for soaking up the Mediterranean-style sauce.

What we send

- 7 oz fennel
- ½ lb 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

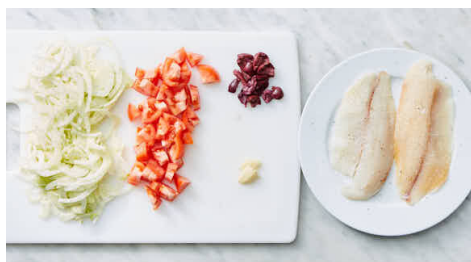
- medium (10") skillet

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 38g, Proteins 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 cloves garlic**; 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.



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**.



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.)



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!