

Provençal-Style Baked Tilapia

with Potatoes & Tomato-Olive Topping

2 SERVINGS

⌚ 25-35 MINS


 **Blue Apron**
blueapron.com




Ingredients

 2 Tilapia Fillets

 1 Lemon


 1 bunch Parsley

 1 tsp Whole Dried Oregano

 $\frac{3}{4}$ lb Golden Potatoes

 1 Fennel Bulb

 1 oz Pitted Niçoise Olives

 4 oz Grape Tomatoes

 2 cloves Garlic

 1 Tbsp Capers



Serve with Blue Apron wine that has this symbol
blueapron.com/wine



6 5 2

SmartPoints® value per serving
(as packaged)



Scan this barcode in your WW app to track SmartPoints. Wine is not included in SmartPoints as packaged. Skip adding salt during prep and cooking, and see nutrition info for sodium as packaged. Choose nonstick cooking spray (0 SmartPoints) instead of olive oil (1 SmartPoint per teaspoon) to coat your pan before heating.

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1 Start the potatoes & fennel

- Place an oven rack in the center of the oven; preheat to 450°F.
- Wash and dry the fresh produce.
- Cut the **potatoes** into 1/4-inch-thick rounds.
- Cut off and discard any stems from the **fennel**, then halve, core, and thinly slice the bulb.
- Peel and roughly chop 1 **clove of garlic**.
- Transfer the **prepared potatoes, fennel, and garlic** to a baking dish. Drizzle with 1 **teaspoon of olive oil** and season with salt and pepper; toss to coat. Arrange in an even layer.
- Bake 15 to 17 minutes, or until mostly tender when pierced with a fork. Leaving the oven on, remove from the oven.



2 Prepare the remaining ingredients

- Meanwhile, halve the **tomatoes**.
- Peel the **remaining clove of garlic**; using a zester or the small side of a box grater, finely grate into a paste.
- Quarter and deseed the **lemon**.
- Roughly chop the **parsley** leaves and stems.



This recipe was designed for easier cleanup—no extra prep bowls needed!

3 Make the tomato-olive topping

- In a bowl, combine the **halved tomatoes, olives, garlic paste, capers, the juice of 2 lemon wedges, and 2 teaspoons of olive oil**. Season with salt and pepper; stir to combine.



4 Bake the fish & serve your dish

- Pat the **fish** dry with paper towels; season on both sides with salt, pepper, and the **oregano**.
- Carefully top the **partially baked potatoes and fennel** with the **seasoned fish** and **tomato-olive topping** (including any liquid).
- Bake 8 to 10 minutes, or until the fish is opaque and cooked through.* Remove from the oven.
- Serve the **baked fish and vegetables** garnished with the **chopped parsley** and a drizzle of **olive oil**. Serve the **remaining lemon wedges** on the side. Enjoy!



*An instant-read thermometer should register 145°F.

NUTRITION PER SERVING (AS PREPARED)**

Calories: 430, Total Carbohydrates: 44g, Dietary Fiber: 10g, Added Sugars: 0g, Total Fat: 16g, Saturated Fat: 2.5g, Protein: 29g, Sodium: 1040mg.

**For information about our wellness labels visit us at blueapron.com/wellness. SmartPoints are calculated based on as packaged. To view this meal's FULL NUTRITION FACTS and any customizations you may have applied, select this recipe from your Current page in the Blue Apron app or blueapron.com.

CONTAINS: SEE INGREDIENT PACKAGING FOR ALLERGEN(S).

Produced in a facility that processes crustacean shellfish, egg, fish, milk, peanuts, soy, tree nuts, and wheat.

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