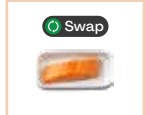




# Crispy Breadcrumb-Topped Tilapia with Zucchini and Tomato Orzo

Family Friendly 25 - 35 Minutes



Salmon Fillets  
250 g | 500 g

Customized Protein + Add Swap or \*2 Double

If you chose to alter your protein, simply follow the icons and specific instructions on the back in the sidebar and you're set. You can also refer to your customized recipe online, [visit hellofresh.ca](https://www.hellofresh.ca)



Tilapia  
300 g | 600 g



Mayonnaise  
2 tbsp | 4 tbsp



Italian Breadcrumbs  
4 tbsp | 8 tbsp



Orzo  
170 g | 340 g



Baby Tomatoes  
113 g | 227 g



Zucchini  
1 | 2



Parmesan Cheese, shredded  
1/4 cup | 1/2 cup



Zesty Garlic Blend  
1 tbsp | 2 tbsp



Vegetable Stock Powder  
1 tbsp | 2 tbsp

**Allergens** Hey home cooks! Please refer to the website or app for the as-prepared recipe nutritional information.

Ingredients are packaged in a facility that also handles egg, fish, crustacean, shellfish, milk, mustard, peanuts, sesame, soy, sulphites, tree nuts and wheat.

**Pantry items** | Pepper, unsalted butter, salt

**Cooking utensils** | Baking sheet, large non-stick pan, measuring cups, measuring spoons, medium pot, paper towels, parchment paper, strainer

1



### Cook orzo

- Before starting, preheat the oven to 450°F.
  - Wash and dry all produce.
  - Add 6 cups water and 1 tsp salt to a medium pot (use same for 4 ppl).
  - Cover and bring to a boil over high heat.
- Add **orzo** to the **boiling water**. Cook uncovered, stirring occasionally, until tender, 10-12 min.
  - Reserve **½ cup** (1 cup) **pasta water**, then drain and return **orzo** to the same pot, off heat.

2



### Prep

- 🔄 **Swap** | **Salmon Fillets**
- Meanwhile, halve **tomatoes**.
- Halve **zucchini** lengthwise, then cut into ¼-inch half-moons.
- Heat a large non-stick pan over medium heat.
- While the pan heats, pat **tilapia** dry with paper towels. Season with **2 tsp** (4 tsp) **Zesty Garlic Blend**.
- Add **tilapia** to a parchment-lined baking sheet.

3



### Toast breadcrumbs

- When the pan is hot, add **1 tbsp** (1 ½ tbsp) **butter** and **breadcrumbs**.
- Toast, stirring often, until **butter** melts and **breadcrumbs** are golden, 1-2 min.
- Remove from heat.

4



### Roast tilapia

- Spread **mayo** over tops of **tilapia**.
- Sprinkle **toasted breadcrumbs** over **mayo**, pressing down gently to adhere.
- Roast in the **middle** of the oven, until **tilapia** is cooked through, 8-10 min.\*\*

5



### Finish orzo

- Meanwhile, reheat the same pan (from step 2) over medium-high.
- When the pan is hot, add **1 tbsp** (1 ½ tbsp) **butter**, then swirl until melted.
- Add **zucchini**. Cook, stirring occasionally, until tender-crisp, 3-4 min.
- Add **tomatoes, stock powder, remaining Zesty Garlic Blend, orzo** and **reserved pasta water**.
- Season with **pepper**, then bring to a simmer.

6



### Finish and serve

- Once simmering, reduce heat to medium.
- Add **Parmesan**. Stir until **Parmesan** melts and **mixture** thickens slightly and coats **orzo**, 2-3 min.
- Divide **orzo** between plates. Top with **tilapia**.

Measurements  
within steps

**1 tbsp** (2 tbsp) **oil**  
2 person 4 person Ingredient

## 2 | Prep

🔄 **Swap** | **Salmon Fillets**

If you've opted to get **salmon**, prep the **salmon** in the same way the recipe instructs you to prep the **tilapia**, then increase roasting time to 10-14 min.\*\*

\*\* Cook to a minimum internal temperature of 70°C/158°F, as size may vary.