



# Baked Tilapia and Sweet Pepper Orzo

## with Fresh Veggie Side and Feta

Family Friendly 20 - 30 Minutes



Tilapia Fillets  
600 g | 1200 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 Fillets  
300 g | 600 g



Orzo  
170 g | 340 g



Mini Cucumber  
2 | 4



Sweet Bell Pepper  
1 | 2



Tomato  
1 | 2



Feta Cheese, crumbled  
1/4 cup | 1/2 cup



Italian Breadcrumbs  
2 tbsp | 4 tbsp



Roasted Pepper Pesto  
1/4 cup | 1/2 cup



Mayonnaise  
2 tbsp | 4 tbsp



Red Wine Vinegar  
1 tbsp | 2 tbsp



Dill-Garlic Spice Blend  
1 tsp | 2 tsp

**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** | Unsalted butter, oil, sugar, salt, pepper

**Cooking utensils** | 2 baking sheets, large bowl, measuring cups, measuring spoons, medium pot, paper towels, parchment paper

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### Cook orzo and start prep

- Before starting, preheat the oven to 475°F.
  - 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.
  - Wash and dry all produce.
- Add **orzo** to the **boiling water**. Cook uncovered, stirring occasionally, until tender, 12-14 min.
  - Reserve **¼ cup** (½ cup) **pasta water**, then drain and return **orzo** to the same pot, off heat.
  - Meanwhile, core, then cut **pepper** into ¼-inch pieces.
  - Add **peppers**, and **½ tbsp** (1 tbsp) **oil** to an unlined baking sheet. Season with **salt** and **pepper**. Toss to coat.
  - Roast, in the **bottom** of the oven stirring halfway until tender and golden, 5-8 min.

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### Prep tilapia

- **\*2 Double | Tilapia Fillets**
- Line another baking sheet with parchment paper, then drizzle with **1 tsp** (2 tsp) **oil**.
- Pat **tilapia** dry with paper towels. Place on prepared baking sheet. Season with **salt, pepper** and **half the Dill-Garlic Spice Blend**.
- Spread **mayo** over top. Sprinkle **breadcrumbs** over top, pressing gently to adhere.

3



### Roast tilapia and finish prep

- Roast in the **middle** of the oven, until **tilapia** is cooked through and golden brown, 8-12 min.\*\*
- Meanwhile, cut **cucumber** into ⅛-inch-thick slices.
- Cut **tomato** into ¼-inch pieces.

4



### Dress veggies and finish orzo

- Add **vinegar**, **¼ tsp** (½ tsp) **sugar** and **½ tbsp** (1 tbsp) **oil** to a large bowl. Season with **salt** and **pepper**. Stir to mix.
- Add **tomatoes** and **cucumber**. Toss to coat.
- Add **peppers**, **roasted red pepper pesto**, **remaining Dill-Garlic Spice Blend** and **1 tbsp** (2 tbsp) **butter** to the pot with the **orzo**. Stir to mix. Season to taste with **salt** and **pepper**.

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### Finish and serve

- Divide **orzo**, **veggies** and **tilapia** between plates.
- Sprinkle **feta** over **orzo and veggies**.

Measurements  
within steps

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

### 3 | Prep tilapia

**\*2 Double | Tilapia Fillets**

If you've opted for **double tilapia**, cook it in the same way the recipe instructs you to cook the **regular portion of tilapia**.

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