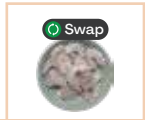




# SuperQuick Garlic Butter Tilapia

with Rice and Broccoli

15 Minutes



Shrimp  
285 g | 570 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



Panko  
Breadcrumbs  
1/3 cup | 2/3 cup



Mayonnaise  
2 tbsp | 4 tbsp



Garlic Spread  
2 tbsp | 4 tbsp



Broccoli  
227 g | 454 g



Lemon  
1 | 1



Basmati Rice  
3/4 cup | 1 1/2 cups



Chicken Broth  
Concentrate  
1 | 2



Green Onion  
2 | 4

**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 | Oil, salt, pepper

Cooking utensils | Aluminum foil, baking sheet, large non-stick pan, measuring cups, measuring spoons, medium pot, paper towels, small bowl, zester

1



## Cook rice

- Before starting, preheat the oven to 475°F.
- Add 1 ¼ cups (2 ½ cups) water and ⅛ tsp (¼ tsp) salt to a medium pot. Cover and bring to a boil over high heat.
- Wash and dry all produce.

- Add **rice** and **broth concentrate** to the **boiling water**.
- Reduce heat to low. Cover and cook until **rice** is tender and liquid is absorbed, 12-14 min.
- Remove from heat. Set aside, still covered.

4



## Cook broccoli

- Meanwhile, heat a large non-stick pan over medium-high heat. When hot, add **1 tbsp** (2 tbsp) **oil**, then **broccoli** and **2 tbsp** (4 tbsp) **water**. Season with **salt** and **pepper**. Cook, stirring occasionally, until **broccoli** is tender, 4-5 min.
- Meanwhile, zest, then juice **half the lemon** (use whole lemon for 4 ppl). Cut **any remaining lemon** into **wedges**.
- Thinly slice **green onions**.

2



## Prep tilapia

🔄 Swap | Shrimp

- Pat **tilapia** dry with paper towels. Season with **salt** and **pepper**.
- Arrange on a foil-lined baking sheet.
- Spread **mayo** over **tilapia**.
- Sprinkle **panko** over **mayo**, pressing down gently to adhere.

3



## Roast tilapia

🔄 Swap | Shrimp

- Roast in the **top** of the oven until **crust** is golden and **tilapia** is cooked through, 8-10min.\*\*

5



## Finish and serve

- Add **lemon zest**, **garlic spread** and **lemon juice** to a small microwaveable bowl. Stir to combine. Microwave on high for 10-20 seconds until **garlic spread** has melted.
- Fluff **rice** with a fork. Stir in **green onions** and season with **salt**.
- Divide **rice** between plates. Top with **broccoli** and **tilapia**.
- Drizzle **lemon-garlic butter** over **tilapia** and **broccoli**.
- Squeeze a **lemon wedge** over top, if desired.

Measurements  
within steps

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

## 2 | Prep shrimp

🔄 Swap | Shrimp

If you've opted to get **shrimp**, using a strainer, drain and rinse **shrimp**. Pat dry with paper towels. Add **shrimp** and **mayo** to a medium bowl. Season with **salt** and **pepper**, then toss to coat. Add **panko** to the same bowl, then toss to coat **each shrimp**. Shake off any excess breading, then arrange **shrimp** in a single layer on the prepared baking sheet.

## 3 | Roast shrimp

🔄 Swap | Shrimp

Roast **shrimp** the way the recipe instructs you to roast the **tilapia**\*\*

\*\* Cook fish and shellfish to minimum internal temperatures of 70°C/158°F and 74°C/165°F, respectively.