








Greek-Inspired Roasted Fish Dinner

with Lemony Feta Sauce and Fresh Salad







Family Friendly 25 - 35 Minutes

 Swap	 Double
	
Shrimp	Tilapia
285 g 570 g	600 g 1200 g

 Customized Protein  Add  Swap or  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	Basmati Rice
300 g 600 g	¼ cup 1 ½ cups
	
Baby Spinach	Baby Tomatoes
113 g 227 g	113 g 227 g
	
Dill	Lemon
7 g 14 g	1 2
	
Feta Cheese, crumbled	Vegetable Stock Powder
¼ cup ½ cup	1 tbsp 2 tbsp
	
Mayonnaise	Zesty Garlic Blend
4 tbsp 8 tbsp	1 tbsp 2 tbsp
	
Almonds, sliced	
28 g 56 g	

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, unsalted butter, sugar, pepper

Cooking utensils | Baking sheet, large bowl, measuring cups, measuring spoons, medium pot, paper towels, parchment paper, 2 small bowls, zester

1



Cook rice

- Before starting, preheat the oven to 450°F.
 - Add 1 ¼ cups (2 ½ cups) water to a medium pot.
 - Cover and bring to a boil over high heat.
 - Wash and dry all produce.
- Add **rice**, **vegetable stock powder**, **half the Zesty Garlic Spice Blend**, and **1 tbsp** (2 tbsp) **butter** to **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.

2



Prep

- Meanwhile, zest, then juice **lemon**.
- Thinly slice **cucumber**.
- Halve **tomatoes**.
- Roughly chop **half the spinach**. (**NOTE:** The whole spinach will be for your salad.)
- Roughly chop **dill**.

3



Roast fish

- Swap | **Shrimp**
- Combine **remaining Zesty Garlic Blend** and **1 tbsp** (2 tbsp) **oil** in a small bowl.
- Pat **tilapia** dry with paper towels. Arrange on a parchment-lined baking sheet. Spread **oil mixture** over **tilapia**. Season with **salt** and **pepper**.
- Roast in the **bottom** of the oven until cooked through, 8-10 min.**

4



Finish prep

- Add **feta**, **lemon zest**, **mayo** and **half the dill** to a small bowl. Season with **salt** and **pepper**, then stir to combine.
- Add **1 tbsp** (2 tbsp) **lemon juice**, **½ tbsp** (1 tbsp) **oil** and **½ tsp** (1 tsp) **sugar** to a large bowl. Season with **salt** and **pepper**, then stir to combine.
- Fluff **rice** with a fork. Stir in **chopped spinach**. Cover and let stand until **spinach** wilts, 1-2 min.

5



Finish and serve

- Add **cucumber**, **tomatoes**, **almonds** and **remaining spinach** to the bowl with the **dressing**. Toss to coat.
- Divide **rice**, **tilapia** and **salad** between plates.
- Dollop **feta-dill sauce** over top.
- Sprinkle **remaining dill** over top, if desired.

Measurements
within steps

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

3 | Roast shrimp

Swap | **Shrimp**

If you've opted to get **shrimp**, using a strainer drain and rinse **shrimp**. Pat dry with paper towels. Transfer to a medium bowl, add **Zesty Garlic-oil mix** and toss to coat. Arrange on a parchment-lined baking sheet. Cook in the same way the recipe instructs you to cook the **tilapia****

3 | Roast fish

*2 Double | **Tilapia**

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

** Cook fish and shrimp to minimum internal temperatures of 70°C/158°F and 74°C/165°F, respectively, as size may vary.