



# Crispy Breadcrumb-Topped Tilapia

## with Zucchini and Tomato Orzo

Family Friendly

Protein Plus

25 - 35 Minutes

Swap



Salmon Fillets,  
skin-on  
250 g | 500 g

Customized Protein

+ Add

Swap

or

x2 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.

Ingredient quantities 56 g | 113 g  
2-serving 4-serving

Pantry items | Pepper, butter

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.
  - To a medium pot, add 6 cups water and 1 tsp salt (use same for 4 servings).
  - Cover and bring to a boil over high heat.
- Add **orzo** to the boiling water. Cook uncovered for 10-12 min, stirring occasionally, until tender.
- Reserve **½ cup (1 cup) pasta water**, then drain and return **orzo** to the same pot, off heat.

2



### Prep

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

3



### Toast breadcrumbs

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

4



### Roast tilapia

Swap | **Salmon Fillets, skin-on**

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

5



### Finish orzo

- Meanwhile, reheat the same pan (from step 2) over medium.
- When the pan is hot, add **1 tbsp (1 ½ tbsp) butter**, then swirl until melted.
- Add **zucchini**. Cook for 3-4 min, stirring occasionally, until tender-crisp.
- 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 for 2-3 min, until **Parmesan** melts and **mixture** thickens slightly and coats **orzo**.
- Divide **orzo** between plates. Top with **tilapia**.

Measurements within steps

1 tbsp (2 tbsp) oil  
2-serving 4-serving Ingredient

#### For 6 servings

If you ordered 6 servings, triple the amounts in the 2-serving recipe. You may need to cook in batches or larger cooking vessels. Remember: Larger batches may = longer cook times, so follow the visual and temperature cues.

## 4 | Roast salmon

Swap | **Salmon Fillets, skin-on**

If you've opted to get **salmon**, prep the **salmon** in the same way as the recipe instructs you to prep the **tilapia**. Roast in the **middle** of the oven, 8-12 min, until **salmon** is cooked through.\*\*

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