



Baked Tilapia and Sweet Pepper Orzo

with Fresh Side Salad and Feta

25 Minutes

↪ 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)

↻ Swap



Salmon Fillets
250 g | 500 g

×2 Double



Tilapia
600 g | 1200 g



Tilapia
300 g | 600 g



Orzo
170 g | 340 g



Sweet Bell Pepper
1 | 2



Tomato
1 | 2



Baby Spinach
56 g | 113 g



Feta Cheese, crumbled
¼ cup | ½ cup



Italian Breadcrumbs
2 tbsp | 4 tbsp



Roasted Pepper Pesto
¼ cup | ½ 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, strainer

1



Cook orzo and roast peppers

- 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) **orzo water**. 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.

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 combine.
- Add **tomatoes** and **spinach**. Toss to coat.
- Add **peppers**, **roasted pepper pesto**, **remaining Dill-Garlic Spice Blend** and **1 tbsp** (2 tbsp) **butter** to the pot with the **orzo**. Stir to combine. Season with **salt** and **pepper**, to taste. (**TIP:** For a lighter sauce consistency, add reserved orzo water, 1-2 tbsp at a time, if desired.)

2



Prep and roast tilapia

🔄 **Swap** | **Salmon Fillets**

✖2 **Double** | **Tilapia**

- Line another baking sheet with parchment paper, then drizzle with **1 tsp** (2 tsp) **oil**.
- Pat **tilapia** dry with paper towels. Place on the 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.
- Roast in the **middle** of the oven, until **tilapia** is cooked through and golden brown, 8-12 min. **

5



Finish and serve

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

3



Finish prep

- Meanwhile, cut **tomato** into ¼-inch pieces.

Measurements within steps | **1 tbsp** (2 tbsp) **oil**
2 person 4 person Ingredient

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.

2 | Prep and roast salmon

🔄 **Swap** | **Salmon Fillets**

If you've opted to get **salmon**, prep and season in the same way the recipe instructs you to prep and season **tilapia**. Roast **salmon** until cooked through, 8-12 mins. **

2 | Prep and roast tilapia

✖2 **Double** | **Tilapia**

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

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