

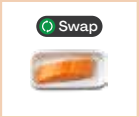


Greek-Inspired Roasted Fish Dinner

with Lemony Feta Sauce and Fresh Salad

Family Friendly

25 - 35 Minutes



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)

Salmon Fillets, skin-on
250 g | 500 g



Tilapia
300 g | 600 g



Basmati Rice
¼ cup | 1 ½ cups



Baby Spinach
113 g | 227 g



Baby Tomatoes
113 g | 227 g



Dill
7 g | 14 g



Lemon
1 | 2



Feta Cheese, crumbled
¼ cup | ½ cup



Vegetable Stock Powder
1 tbsp | 2 tbsp



Mayonnaise
4 tbsp | 8 tbsp



Zesty Garlic Blend
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.

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

Pantry items | Oil, salt, 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 Blend** and **1 tbsp** (2 tbsp) **butter** to boiling water. Reduce heat to low. Cover and cook for 12-14 min, until **rice** is tender and liquid is absorbed.
- Remove from heat. Set aside, still covered.

2



Prep

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

3



Roast fish

- [Swap](#) | [Salmon Fillets, skin-on](#)
- In a small bowl, combine **remaining Zesty Garlic Blend** and **1 tbsp** (2 tbsp) **oil**.
 - 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 for 8-10 min, until cooked through.**

4



Finish prep

- To a small bowl, add **feta**, **lemon zest**, **mayo** and **half the dill**. Season with **salt** and **pepper**, then stir to combine.
- To a large bowl, add **1 tbsp** (2 tbsp) **lemon juice**, **½ tbsp** (1 tbsp) **oil** and **½ tsp** (1 tsp) **sugar**. 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

- [Swap](#) | [Salmon Fillets, skin-on](#)
- To the bowl with **dressing**, add **tomatoes**, **almonds** and **remaining spinach**. 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-serving 4-serving 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.

3 | Roast fish

[Swap](#) | [Salmon Fillets, skin-on](#)

If you've opted to get **salmon**, season in the same way the recipe instructs you to season **tilapia**. To cook **salmon**, roast for 10-12 min, until cooked through.**

5 | Finish and serve

[Swap](#) | [Salmon Fillets, skin-on](#)

Divide **rice**, **salmon** and **salad** between plates.

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