



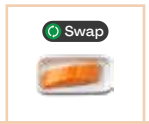
# SuperQuick Garlic Butter Tilapia

with Rice and Broccoli

15-Minute Dinner

High-Protein Power

15 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



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.

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

**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.
  - Using a strainer, rinse rice until water runs clear. Add 1 cups (2 cups) water and 1/8 tsp (1/4 tsp) salt to a medium pot. Cover and bring to a boil over high heat.
  - Wash and dry all produce.
- To the boiling water, add **rice** and **broth concentrate**.
  - 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. When hot, add **1 tbsp** (2 tbsp) **oil**, then **broccoli** and **2 tbsp** (4 tbsp) **water**. Season with **salt** and **pepper**. Cook for 4-5 min, stirring occasionally, until **broccoli** is tender.
- Zest, then juice **half the lemon** (use whole lemon for 4 servings). Cut **any remaining lemon** into wedges.
- Thinly slice **green onions**.

2



## Prep tilapia

- **Swap** | **Salmon Fillets, skin-on**
- 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 the **mayo**, pressing down gently to adhere.

5



## Finish and serve

- **Swap** | **Salmon Fillets, skin-on**
- To a small microwaveable bowl, add **lemon zest**, **garlic spread** and **lemon juice**. Stir to combine. Microwave on high for 10-20 sec, 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.

3



## Roast tilapia

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

**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.

## 2 | Prep salmon

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

If you've opted to get **salmon**, prep and cook the **salmon** the same way the recipe instructs you to cook and prep the **tilapia**.

## 5 | Finish and serve

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

Divide **rice** between plates. Top with **broccoli** and **salmon**. Drizzle **lemon-garlic butter** over **salmon** and **broccoli**

\*\* Cook fish to a minimum internal temperature of 158°F.