

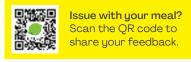
Crispy Breadcrumb-Topped Tilapia

with Zucchini and Tomato Orzo

Family Friendly

Quick

25-35 Minutes











Italian Breadcrumbs



Baby Tomatoes





Zesty Garlic Blend

Zucchini

Parmesan Cheese, shredded



Vegetable Stock



Powder



Start here

- Before starting, preheat the oven to 450°F.
- Wash and dry all produce.
- 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

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

Bust out

Baking sheet, measuring spoons, strainer, medium pot, parchment paper, measuring cups, large non-stick pan, paper towels

Ingredients

	2 Person	4 Person
Tilapia	300 g	600 g
Mayonnaise	2 tbsp	4 tbsp
Italian Breadcrumbs	⅓ cup	½ cup
Orzo	170 g	340 g
Baby Tomatoes	113 g	227 g
Zucchini	200 g	400 g
Parmesan Cheese, shredded	⅓ cup	½ cup
Zesty Garlic Blend	1 tbsp	2 tbsp
Vegetable Stock Powder	1 tbsp	2 tbsp
Unsalted Butter*	2 tbsp	3 tbsp

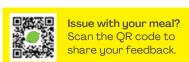
Salt and Pepper*

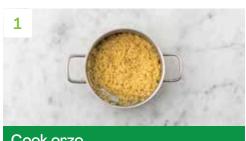
- * Pantry items
- ** Cook to a minimum internal temperature of 70°C/158°F, as size may vary.

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.





Cook orzo

- Add orzo to the boiling water. Cook uncovered, stirring occasionally, until tender, 10-12 min.
- Reserve ½ cup (1 cup) pasta water, then drain and return orzo to the same pot, off heat.



Prep

- Meanwhile, halve tomatoes.
- Halve **zucchini** lengthwise, then cut into 1/4-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.
- Add tilapia to a parchment-lined baking sheet.



Toast breadcrumbs

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



Roast tilapia

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



Finish orzo

- Meanwhile, heat the same pan (from step 2) over medium-high.
- When hot, add 1 tbsp (1 ½ tbsp) butter, then swirl the pan until melted. Add zucchini. Cook, stirring occasionally, until tender-crisp, 3-4 min.
- Add tomatoes, stock powder, remaining Zesty Garlic Blend, orzo and reserved pasta water. Season with pepper, then bring to a simmer.



Finish and serve

- · Once simmering, reduce heat to medium.
- Add Parmesan. Stir until Parmesan melts and mixture thickens slightly and coats orzo, 2-3 min.
- Divide orzo between plates. Top with tilapia.

Dinner Solved!