

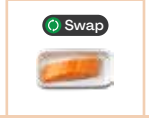


# Crispy Breadcrumb-Topped Tilapia with Zucchini and Tomato Orzo

30 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](http://www.hellofresh.ca)



Salmon Fillets, skin-on  
250 g | 500 g



Tilapia  
300 g | 600 g



Mayonnaise  
2 tbsp | 4 tbsp



Italian Breadcrumbs  
1/4 cup | 1/2 cup



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.

**Pantry items** | Salt, unsalted butter, pepper

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

1



### Cook orzo

- 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 heat.
- 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.

2



### Prep

[Swap](#) | **Salmon Fillets**

- Meanwhile, halve **tomatoes**.
- Halve **zucchini** lengthwise, then cut into ¼-inch half-moons.
- Heat a large non-stick pan over medium heat.
- 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.

3



### 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.

4



### 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.\*\*

5



### Finish orzo

- Meanwhile, reheat the same pan (from step 2) over medium-high.
- When the pan is hot, add **1 tbsp** (1 ½ tbsp) **butter**, then swirl 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.

6



### 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**.

Measurements  
within steps

**1 tbsp** (2 tbsp) **oil**  
2 person 4 person Ingredient

## 2 | Prep salmon

[Swap](#) | **Salmon Fillets**

If you've opted to get **salmon**, prep and cook it in the same way the recipe instructs you to prep and cook the **tilapia**, then increase roasting time to 8-12 min.\*\*

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



Issue with your meal? Scan the QR code to share your feedback.