



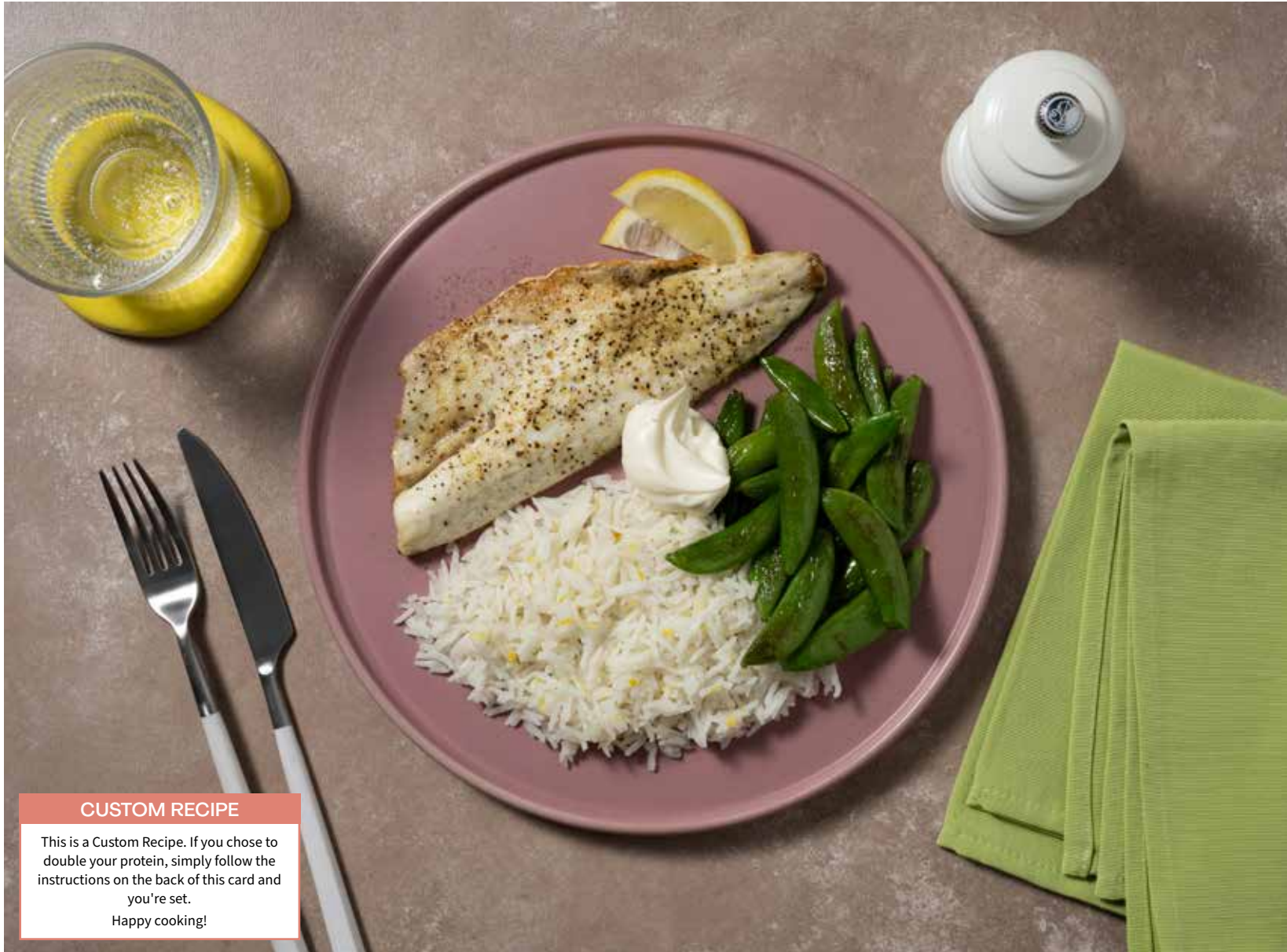
Lemon-Pepper Tilapia and Zesty Rice

with Garlic Snap Peas and Horseradish Aioli

Quick 25 Minutes



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- Tilapia Fillets
- Double Tilapia Fillets
- Garlic Salt
- Basmati Rice
- Sugar Snap Peas
- Lemon-Pepper Seasoning
- Lemon
- Vegetable Stock Powder
- Mayonnaise
- Creamy Horseradish Sauce

CUSTOM RECIPE
This is a Custom Recipe. If you chose to double your protein, simply follow the instructions on the back of this card and you're set.
Happy cooking!

HELLO LEMON-PEPPER SEASONING
A peppery spice blend with zippy lemon and zesty garlic!

Start here

- Before starting, preheat the broiler to high.
- Wash and dry all produce.

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

Bust out

Baking sheet, measuring spoons, zester, aluminum foil, medium pot, small bowl, measuring cups, large non-stick pan, paper towels

Ingredients

	2 Person	4 Person
Tilapia Fillets	300 g	600 g
Double Tilapia Fillets	600 g	1200 g
Garlic Salt	1 tsp	2 tsp
Basmati Rice	¾ cup	1 ½ cups
Sugar Snap Peas	113 g	227 g
Lemon-Pepper Seasoning	1 tbsp	2 tbsp
Lemon	½	1
Vegetable Stock Powder	1 tbsp	2 tbsp
Mayonnaise	2 tbsp	4 tbsp
Creamy Horseradish Sauce	1 tbsp	2 tbsp
Unsalted Butter*	2 ½ tbsp	5 tbsp
Sugar*	½ tsp	¼ tsp
Oil*		
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.

1



Cook rice

- Add **rice**, **stock powder**, **half the Lemon-Pepper Seasoning** and **1 ¼ cups** (2 ½ cups) **water** to a medium pot. Cover and bring to a boil over high heat.
- Once boiling, 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



Sauté sugar snap peas

- Heat the same pan (from step 2) over medium-high.
- Add ½ **tbsp** (1 tbsp) **butter**, then **sugar snap peas**. Cook, stirring occasionally, until tender-crisp, 3-4 min.
- Add **remaining garlic salt**, then season with **pepper**. Cook, stirring often, until fragrant, 30 sec.
- Remove from heat.

2



Prep and make aioli

- Meanwhile, zest, then cut **half the lemon** (whole lemon for 4 ppl) into wedges.
- Trim **sugar snap peas**.
- Add **mayo**, **horseradish sauce** and ¼ **tsp** (¼ tsp) **sugar** to a small bowl. Season with **garlic salt** and **pepper**, to taste, then stir to combine.
- Add **1 tbsp** (2 tbsp) **butter** to a large non-stick pan. Melt over medium-high heat.

5



Finish rice

- Add **lemon zest** and **1 tbsp** (2 tbsp) **butter** to the pot with **rice**, then fluff with a fork until **butter** melts.
- Season with **salt** and **pepper**, to taste.

3



Broil tilapia

- While **butter** melts, pat **tilapia** dry with paper towels.
- Arrange on a foil-lined baking sheet.
- Drizzle **melted butter** over **tilapia**, then season with **half the remaining garlic salt** and **remaining Lemon-Pepper Seasoning**.
- Broil in the **top** of the oven until golden and cooked through, 5-6 min.**

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

6



Finish and serve

- Divide **zesty rice** and **sugar snap peas** between plates. Top with **tilapia**.
- Dollop **aioli** over **tilapia**.
- Squeeze a **lemon wedge** over plate, if desired.

Dinner Solved!



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