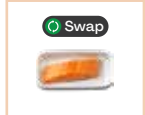




Lemony Garlic-Parmesan Tilapia with Veggies and Linguine

Family Friendly 30-40 Minutes



Salmon Fillets, skin-on
250 g | 500 g

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Tilapia Fillets
300 g | 600 g



Linguine
170 g | 340 g



Zucchini
1 | 2



Baby Tomatoes
113 g | 227 g



Baby Spinach
56 g | 113 g



Lemon
1 | 2



Parmesan Cheese, shredded
½ cup | 1 cup



Panko Breadcrumbs
¼ cup | ½ cup



Garlic Spread
30 g | 60 g



Vegetable Stock Powder
1 tbsp | 2 tbsp



Cream Sauce Spice Blend
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.

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Ingredient quantities 56g | 113g
2 person 4 person

Pantry items | Unsalted butter*, oil*, salt*, pepper*

Cooking utensils | Baking sheet, medium bowl, measuring spoons, zester, box grater, parchment paper, measuring cups, large pot, large non-stick pan, paper towels

1



Start prep

- Before starting, preheat the oven to 450°F.
- Wash and dry all produce.
- Add **10 cups hot water** and **2 tsp salt** to a large pot (use same for 4 ppl). Cover and bring to a boil over high heat.
- Zest, then juice **half the lemon**. Cut **remaining lemon** into wedges.
- Heat a large non-stick pan over medium-high heat.
- When hot, add **1 tbsp** (2 tbsp) **butter**. Swirl pan until melted, 30 sec.
- Add **panko**. Reduce heat to medium.
- Cook, stirring often until golden, 2-3 min. Transfer to medium bowl.

2



Finish prep

- Meanwhile, halve **tomatoes**.
- Grate **zucchini** on the largest holes of a box grater.
- Roughly chop **spinach**. (**TIP**: Place spinach in a bowl, then roughly chop using a pair of kitchen shears or scissors!)

3



Cook pasta and prep fish

- [Swap](#) | [Salmon](#)
- Add **linguine** to the **boiling water**. Cook uncovered, stirring occasionally, until tender, 10-12 min.
 - While **linguine** cooks, combine **lemon zest** and **half the Parmesan** with **toasted panko**.
 - Reserve **¼ cup** (½ cup) **pasta water**, then drain and return **linguine** to the same pot, off heat.
 - Drizzle **½ tsp** (1 tsp) **oil** on a parchment-lined baking sheet.
 - Pat **tilapia** dry with paper towels, then place directly on the oiled parchment. Season with **salt** and **pepper**.

4



Cook fish

- Spread **1 tsp garlic spread** over **each tilapia fillet**.
- Top with **panko mixture**, pressing gently to adhere.
- Roast in the **middle** of the oven until golden-brown and cooked through, 10-14 min.**

5



Make sauce

- Reheat the same pan (from step 1) over medium-high.
- When hot, add **remaining garlic spread**, swirling the pan until melted, 30 sec. Add **zucchini** and **tomatoes**.
- Cook, stirring occasionally, until **veggies** begin to soften, 2-3 min.
- Sprinkle **Cream Sauce Spice Blend** over top. Stir to coat.
- Add **vegetable stock powder**, **1 tsp** (2 tsp) **lemon juice** and **1 cup** (2 cups) **water**. Cook, stirring often, until **sauce** thickens slightly, 2-3 min.

6



Finish and serve

- Add **linguine**, **spinach** and **remaining Parmesan** to the pan with **sauce**. Season with **salt** and **pepper**.
- Cook, stirring often until **spinach** wilts, 1-2 min. (**TIP**: For a lighter sauce consistency, add reserved pasta water, 1-2 tbsp at a time, if desired.)
- Divide **pasta** and **fish** between plates. Squeeze a **lemon wedge** over top if desired.

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

3 | Cook pasta and prep salmon

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

If you've opted to get **salmon**, prep and roast it in the same way the recipe instructs you to prep and roast the **tilapia****

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



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