

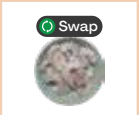


Parmesan-Crusted Baked Tilapia

with Buttered Rice and Lemony Mayo

Family Friendly

25-35 Minutes



Shrimp

285 g | 570 g

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](https://www.hellofresh.ca)



Tilapia Fillets
300 g | 600 g



Panko
Breadcrumbs
1/2 cup | 1/2 cup



Parmesan
Cheese, shredded
1/2 cup | 1/2 cup



Lemon
1/2 | 1



Garlic Powder
1 tsp | 2 tsp



Basmati Rice
3/4 cup | 1 1/2 cups



Vegetable Broth
Concentrate
1 | 2



Mayonnaise
2 tbsp | 4 tbsp



Green Beans
170 g | 340 g

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 | Unsalted butter, oil, salt, pepper, sugar

Cooking utensils | Baking sheet, measuring spoons, zester, medium pot, parchment paper, 2 small bowls, measuring cups, large non-stick pan, paper towels

1



Cook rice

- Preheat the oven to 450°F.
- Wash and dry all produce.
- Stir together **rice**, **broth concentrate**, **1 ¼ cups** (2 ½ cups) **water** and **¼ tsp** (½ tsp) **salt** in a medium pot. Cover and bring to a simmer over high heat.
- Once simmering, 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.

2



Prep tilapia

🔄 Swap | **Shrimp**

- Meanwhile, zest, then juice **half the lemon** (whole lemon for 4 ppl).
- Add **2 tbsp** (4 tbsp) **butter** to a small bowl. Microwave for 3-5 sec, or until melted.
- Add **panko**, **lemon zest** and **half the garlic powder** to the **melted butter**. Season with **salt** and **pepper**. Stir to coat.
- Pat **tilapia** dry with paper towels. Season with **salt** and **pepper**.
- Arrange on a parchment-lined baking sheet.
- Sprinkle **Parmesan** over **tilapia**, then top with **panko mixture**, pressing down gently to adhere.

3



Bake tilapia and cook green beans

- Bake in the **top** of the oven until **crust** is golden-brown and **tilapia** is cooked through, 10-12 min.**
- Meanwhile, trim **green beans**.
- Heat a large non-stick pan over medium-high heat. When the pan is hot, add **½ tbsp** (1 tbsp) **oil**, then **green beans**.
- Cover and cook, stirring occasionally, until golden-brown, 4-6 min.
- Season with **salt**, **pepper** and **remaining garlic powder**. Cook, stirring often, until fragrant, 30 sec.

4



Make lemony mayo

- Meanwhile, add **mayo**, **2 tsp** (4 tsp) **lemon juice** and **½ tsp** (1 tsp) **sugar** to another small bowl.
- Season with **salt** and **pepper**, then stir to combine.

5



Finish and serve

- Add **1 tbsp** (2 tbsp) **butter** to the pot with **rice**, then fluff with a fork until **butter** melts.
- Divide **buttered rice** and **green beans** between plates.
- Top **rice** with **baked tilapia**.
- Drizzle **lemony mayo** over top.

Measurements
within steps

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

2 | Prep shrimp

🔄 Swap | **Shrimp**

If you've opted to get **shrimp**, prep and cook it in the same way the recipe instructs you to prep and cook the **tilapia**. Decrease roasting time to 5-8 min.**

** Cook tilapia and shrimp to minimum internal temperatures of 70°C/158°F and 74°C/165°F, respectively.



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