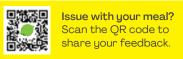


# Parmesan-Crusted Baked Tilapia

with Buttered Rice and Lemony Mayo

30 Minutes











Panko Breadcrumbs



Parmesan Cheese, shredded



Lemon



Garlic Powder



Basmati Rice



Vegetable Broth Concentrate



Mayonnaise



Green Beans

#### **CUSTOM RECIPE**

This is a Custom Recipe. If you chose to add shrimp, simply follow the instructions on the back of this card and you're set. Happy cooking!

## Start here

- Before starting, remove 1 tbsp (2 tbsp) butter from the fridge and set aside to come up to room temperature.
- Preheat the oven to 450°F.
- Wash and dry all produce.

Measurements 1 tbsp (2 tbsp) within steps

oil

#### Bust out.

Baking sheet, measuring spoons, zester, medium pot, parchment paper, small bowl, measuring cups, large nonstick pan, paper towels

## Ingredients

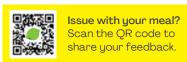
	2 Person	4 Person
Tilapia Fillets	300 g	600 g
Shrimp	285 g	570 g
Panko Breadcrumbs	⅓ cup	½ cup
Parmesan Cheese, shredded	1/4 cup	½ cup
Lemon	1/2	1
Garlic Powder	1 tsp	2 tsp
Basmati Rice	¾ cup	1 ½ cups
Vegetable Broth Concentrate	1	2
Mayonnaise	2 tbsp	4 tbsp
Green Beans	170 g	340 g
Unsalted Butter*	2 tbsp	4 tbsp
Sugar*	½ tsp	1 tsp
Oil*		
Salt and Pepper*		

- \* Pantry items
- \*\* Cook tilapia and shrimp to minimum internal temperatures of 70°C/158°F and 74°C/165°F, respectively, 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 rice

- Stir together rice, broth concentrate,
- **1 1/4 cups** (2 1/2 cups) **water** and 1/4 **tsp** (1/2 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.

If you've opted to add **shrimp**, using a strainer, drain and rinse, then pat **shrimp** dry with paper towels. Season with salt and pepper. Heat a large non-stick pan over medium-high heat. When hot, add ½ tbsp (1 tbsp) oil, then shrimp. Cook, stirring occasionally, until **shrimp** just turn pink, 2-3 min.\*\* Remove from heat, then transfer to a plate. Reuse the same pan to cook green beans in step 3.



## 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, to taste, then stir to combine.



# Prep tilapia

- Meanwhile, zest, then juice half the lemon (whole lemon for 4 ppl).
- Add panko, lemon zest, half the garlic powder and 1 tbsp (2 tbsp) softened butter to a small bowl. Season with salt and pepper, then mash with a fork until combined.
- 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.



- 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 mediumhigh heat.
- When hot, add 1/2 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.



#### Finish and serve

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

Top final plates with shrimp.

**Dinner Solved!**