



Tilapia Piccata with Wax Beans, Asparagus, and Almonds

Piccata is a classic Italian preparation in which veal or chicken is sliced, coated, and sautéed, then served in a sauce. Our meatless version stars tilapia with wax beans, asparagus, and toasted almonds.

25-35 minutes

Serves 2 people

490 calories per serving

Plated.

* Ingredients

1 lemon
10 ounces yellow wax beans
4 ounces pencil asparagus
10 ounces tilapia
2 packets butter, divided
3 tablespoons slivered almonds
 $\frac{1}{4}$ cup flour
3 tablespoons capers
 $\frac{1}{4}$ cup white wine

† You'll Need

$\frac{1}{2}$ tablespoons olive oil
kosher salt
black pepper
12" large pan

Recipe Tips

Be sure to read through the entire recipe before you begin cooking. Trust us—you'll be glad you did!

The long tails of string beans are edible; only trim them off if you'd prefer!

Your fish is finished cooking when it flakes easily with a fork.

USDA recommends cooking fish to 145°F.

Great food starts with great ingredients. We're proud to send you fish sourced sustainably and domestically.



1. Prepare Ingredients

Halve **lemon**. Rinse **wax beans** and trim and discard ends, if desired (see Recipe Tip). Rinse **asparagus** and trim and discard woody ends. Rinse **tilapia** and pat dry with paper towel.



2. Sauté Vegetables and Toast Almonds

Heat **1 packet butter** and **1 tablespoon olive oil** in a large pan over medium-high heat. When oil is shimmering, add **wax beans** and **asparagus**. Season with **$\frac{1}{4}$ teaspoon kosher salt** and **pepper** as desired. Sauté, stirring, until lightly browning and tender, 5-6 minutes. Stir in **almonds** and toast until lightly golden, 2-3 minutes more. Divide mixture evenly between 2 plates and set aside.



4. Sear Tilapia

Wipe pan from vegetables clean and add **remaining butter** and **$\frac{1}{2}$ tablespoon olive oil** over medium heat. When butter is foamy, add **tilapia** and sear until golden on outside and opaque, about 3 minutes per side (see Recipe Tip). Transfer to plates with vegetables, dividing evenly.



3. Dredge Tilapia

While vegetables sauté, pour **flour** onto a large plate. Season with **$\frac{1}{2}$ teaspoon kosher salt** and **pepper** as desired. Pat **tilapia** dry again. Dredge in **flour**, shaking off any excess.



5. Make Piccata Sauce

Add **capers**, **white wine**, and **juice of $\frac{1}{2}$ lemon** to pan from tilapia over medium-high heat and cook, stirring, until reduced by half, 1-2 minutes. Use remaining lemon to brighten a glass of water.



6. Plate Tilapia

Spoon **piccata sauce** over **tilapia** and enjoy with **vegetables** alongside.

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