



CRISPY BAKED TILAPIA

with Lemon Butter Sauce, Roasted Green Beans & Garlic Couscous Pilaf

WHAT WE SEND (2 servings | 4 servings)

* Keep refrigerated



Tilapia *

(1 | 2)

Contains Fish



Green Beans *

(1 | 2)



Israeli Couscous

(1 | 2)

Contains Wheat



Garlic

(3 Cloves | 6 Cloves)



Lemon *

(1 | 2)



Chicken Stock Concentrate

(1 | 2)



Panko Breadcrumbs

(1 | 2)

Contains Wheat



Sour Cream *

(1 | 2)

Contains Milk



Fry Seasoning

(1 | 2)

WHAT YOU'LL NEED

Butter

(3 TBSP | 6 TBSP)

Contains Milk

Vegetable Oil

(1 TBSP | 2 TBSP)

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CHEF'S TIP

If you have a fish spatula, whip it out in step 6 to transfer the baked tilapia to your serving plates. (Psst—If you don't have one, simply grab your largest spatula.) The tilapia is super delicate, and this will help prevent any fishy floor fatalities!

1.



Preheat oven to 450 degrees. **Wash and dry all produce.** Peel and mince **garlic**. Zest and quarter **lemon**. Evenly spread out **panko** on a baking sheet; bake until golden brown, 2–3 minutes. (Check periodically to avoid burning!) Transfer toasted panko to a small bowl; toss with **half the Fry Seasoning (you'll use the rest in the next step)**, a drizzle of oil, and a pinch of **salt** and **pepper**.

2.



Pat **tilapia** dry with paper towels; place on one side of baking sheet used for panko. (For 4 servings, spread out across entire sheet.) Season all over with **salt**, **pepper**, and **remaining Fry Seasoning**. Drizzle both sides with **oil**; rub seasoning into fish to evenly coat. Evenly spread tops of fillets with **sour cream**, then mound with **panko mixture**, pressing firmly to adhere. (Don't worry if not all the panko sticks!)

3.



Toss **green beans** on opposite side of sheet from **tilapia** with a drizzle of **oil**, **salt**, and **pepper**. (For 4 servings, add green beans to a second sheet.) Bake until green beans are tender and tilapia is cooked through, 10–15 minutes. (Tilapia may finish before green beans. If so, remove from sheet and continue roasting green beans.)

4.



Meanwhile, melt **1 TBSP butter (2 TBSP for 4 servings)** in a medium pot over medium-high heat. Add $\frac{2}{3}$ of the **garlic**; cook until fragrant, 30 seconds. Add **couscous**; cook until toasted, 1–2 minutes. Stir in $\frac{3}{4}$ cup **water (1½ cups for 4)**, **stock concentrate**, and a large pinch of **salt**. Bring to a boil, then cover and reduce heat to low. Cook until couscous is tender, 6–8 minutes. Drain any excess liquid, if necessary. Keep covered off heat.

5.



While couscous cooks, place **2 TBSP butter (4 TBSP for 4 servings)** and **remaining garlic** in a second small microwave-safe bowl; microwave until melted, 30 seconds. Stir in **half the lemon zest** and a squeeze of **lemon juice** to taste. Season with **salt** and **pepper**.

6.



Taste and season **couscous** with **salt** and **pepper**. Once **green beans** are done, toss on sheet with **remaining lemon zest**. Divide **couscous**, **green beans**, and **tilapia** between plates. Serve with **lemon butter sauce** and **remaining lemon wedges** on the side.

Tilapia is fully cooked when internal temperature reaches 145 degrees.

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