SOUTHWEST TILAPIA

with Charred Corn Salad and Buttery Lime Rice

HELLO

CHARRED CORN

Deeply browning the kernels adds smokiness and depth of flavor.

PREP: 10 MIN | **TOTAL: 35 MIN** | **CALORIES: 540**

- Corn on the Cob
- Roma Tomato
- Cilantro
- Tilapia (Contains: Fish)
- Sour Cream (Contains: Milk)
- Cucumber
- Lime
- Jasmine Rice
- Southwest Spice Blend

START STRONG

Our trick for mess-free corn prep? First, invert a small bowl within a larger bowl. Next, stand the corn cob up on the inverted bowl. Then, using your sharpest knife, slice the kernels off the cob, rotating as you go. This will help keep kernels from flying all over your kitchen!

BUST OUT

- Zester
- Small bowl
- Small pot
- Kosher salt
- Large pan
- Black pepper
- Medium bowl
- Paper towels
- Vegetable oil (3 tsp | 3 tsp)
- Butter (1 TBSP | 2 TBSP)
  (Contains: Milk)

INGREDIENTS

Ingredient	2-person | 4-person
Corn on the Cob	1 | 2
Cucumber	1 | 1
Roma Tomato	1 | 2
Lime	1 | 2
Cilantro	¼ oz | ½ oz
Jasmine Rice	½ Cup | 1 Cup
Tilapia*	11 oz | 22 oz
Southwest Spice Blend	1 TBSP | 2 TBSP
Sour Cream	2 TBSP | 4 TBSP

* Tilapia is fully cooked when internal temperature reaches 145 degrees.

WINE CLUB

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1 PREP

Wash and dry all produce. Slice **corn kernels** off cob; discard cob. Trim and quarter **cucumber** lengthwise, then thinly slice crosswise. Dice **tomato**. Zest and quarter **lime** (quarter both limes for 4 servings). Roughly chop **cilantro** leaves and stems.

2 COOK RICE

Combine **rice**, **¾ cup water** (1½ cups for 4 servings) and a pinch of **salt** in a small pot. Bring to a boil, then cover and reduce to a gentle simmer. Cook until rice is tender, 15-18 minutes. Turn off heat; keep covered until ready to serve.

3 CHAR CORN

Meanwhile, heat a drizzle of **oil** in a large pan over medium-high heat. Add **corn kernels** and cook, stirring occasionally, until golden brown and lightly charred in spots, 3-5 minutes. (**TIP:** If corn begins to pop, cover pan with a lid.) Turn off heat; transfer to a medium bowl. Wipe out pan.

4 COOK FISH

Pat **tilapia** dry with paper towels; season all over with **salt**, **pepper**, and **Southwest Spice**. Heat a large drizzle of **oil** in pan used for corn over medium-high heat. Add tilapia and cook until browned and cooked through, 4-6 minutes per side.

5 MAKE SALAD AND CREMA

Meanwhile, add **tomatoes**, half the **cucumber** (use all for 4 servings), and half the **cilantro** to bowl with **corn**; toss to combine. Add a squeeze of **lime juice** and season with **salt** and **pepper**. In a small bowl, combine **sour cream** and half the **lime zest**. Add **water**, 1 tsp at a time, until mixture reaches a drizzling consistency. Season with **salt** and **pepper**.

6 FINISH AND SERVE

Fluff **rice** with a fork and stir in **1 TBSP butter** (2 TBSP for 4 servings) and remaining **lime zest**. Season with **salt** and **pepper**. Divide between plates along with **tilapia** and **corn salad**. Top tilapia with **lime crema** and remaining **cilantro**. Serve with remaining **lime wedges** on the side.

PARTY TIME

Try making a big batch of the charred corn salad again for a crowd!