



MAY
2016

Blackened Tilapia

with Crispy Potatoes and Blistered Veggies

For a lighter preparation, we're blackening this flaky fish with a potent mix of spices rather than batter frying. A side of crispy roasted potatoes and caramelized vegetables is the perfect accompaniment.



Prep: 10 min
Total: 30 min



level 1



nut
free



make me
first



gluten
free



dairy
free



Tilapia Fillets



Red Bell Pepper



Green Beans



Yellow Onion



Yukon Potatoes



Lemon



Cilantro



Blackening
Seasoning



Garlic

Ingredients

	2 People	4 People
Tilapia Fillets	1)	2
Red Bell Pepper	1	2
Green Beans	4 oz	8 oz
Yellow Onion	1	2
Yukon Potatoes	12 oz	24 oz
Lemon	1	1
Cilantro	¼ oz	½ oz
Blackening Seasoning 	1 T	2 T
Garlic	2 Cloves	4 Cloves
Olive Oil*	1 T	2 T

*Not Included

Allergens

1) Fish

Ruler

0 in ¼ in ½ in ¾ in 1 in

Tools

Baking Sheet, Large pan

Nutrition per person Calories: 422 cal | Fat: 11 g | Sat. Fat: 2 g | Protein: 40 g | Carbs: 47 g | Sugar: 9 g | Sodium: 230 mg | Fiber: 11 g

1



1 Prep: Wash and dry all produce. Preheat the oven to 400 degrees. Core, seed, and thinly slice the **bell pepper**. Halve, peel, and thinly slice the **onion**. Cut the **potatoes** into ½-inch cubes. Finely chop the **cilantro**. Cut the **lemon** into wedges. Mince or grate the **garlic**.

2



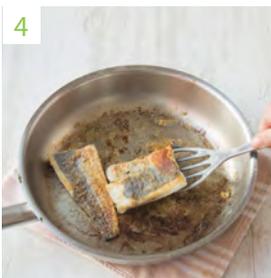
2 Roast the potatoes: Toss the **potatoes** on a baking sheet with a drizzle of **olive oil** and season with **salt** and **pepper**. Place in the oven and roast for 20-25 minutes, until golden brown.

3



3 Blister the veggies: Heat a drizzle of **olive oil** in a large pan over medium-high heat. Add the **green beans, onion, bell pepper** and **garlic**. Cook, tossing for 7-8 minutes, until softened and slightly blistered. Stir in half the chopped **cilantro**, season with **salt** and **pepper**, and set aside.

4



4 Cook the fish: In the same pan, heat another drizzle of **olive oil** over medium-high heat. Season the **fish** on all sides with the **blackening seasoning, salt**, and **pepper**. Add the fish to the pan and cook for 2-3 minutes per side, until cooked through and slightly blackened.

5 Serve: Plate the **crispy potatoes** and **blistered vegetables**, then top with the **blackened tilapia**. Serve with the **lemon wedges** and a sprinkle of the remaining **cilantro**, enjoy!

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