



TILAPIA WITH ALMOND-PARSLEY GREMOLATA

plus Green Beans & Garlic Herb Couscous

INGREDIENTS

2 PERSON | 4 PERSON



1 | 2
Lemon



1 Clove | 2 Cloves
Garlic



¼ oz | ½ oz
Parsley



6 oz | 12 oz
Green Beans



11 oz | 22 oz
Tilapia
Contains: Fish



1 TBSP | 2 TBSP
Fry Seasoning



2.5 oz | 5 oz
Israeli Couscous
Contains: Wheat



2 TBSP | 2 TBSP
Garlic Herb Butter
Contains: Milk



½ oz | 1 oz
Sliced Almonds
Contains: Tree Nuts



1 tsp | 1 tsp
Chili Flakes



IN CELEBRATION OF THE NEW SEASON OF SUMMER BAKING CHAMPIONSHIP, SCAN THE QR CODE TO CHECK OUT THE PERFECT SUMMER DESSERT PAIRING FOR THIS RECIPE CURATED BY FOOD NETWORK CHEFS!



HelloCustom

2 PERSON | 4 PERSON

If you chose to modify your meal, follow the HelloCustom instructions on the flip side of this card.



12 oz | 24 oz
Cauliflower Rice

Calories: 610



PREP: 10 MIN | COOK: 30 MIN | CALORIES: 670

Summer
BAKING
CHAMPIONSHIP

ALL NEW
MONDAYS 8/7C
ON FOOD NETWORK



HELLO


ALMOND-PARSLEY GREMOLATA

Almonds add a toasty crunch to this classic Italian condiment.

MAIN SQUEEZE

Adjust the gremolata to taste, adding more lemon for acidity and more garlic for aromatic depth—after all, you're the chef!

BUST OUT

- Medium pot
- Paper towels
- Zester
- Strainer
- Small bowl
- Medium pan
- Baking sheet
- Kosher salt
- Black pepper
- Olive oil (12 tsp | 20 tsp)
- Cooking oil (1 tsp | 1 tsp) 

MORE IS MORE

If you upgraded your meal to double your protein or veggies and/or ordered 6 servings, you may need to cook in batches or larger cooking vessels. Remember: Larger batches may = longer cook times, so follow the visual and temperature cues. (For 6-person meals, triple the amounts in the 2-person recipe.)

For HelloCustom nutritional information, please refer to HelloFresh.com.

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1 PREP & START GREMOLATA

- Adjust rack to top position (**top and middle positions for 4 servings**) and preheat oven to 425 degrees. Bring a medium pot of **salted water** to a boil. **Wash and dry produce.**
- Finely chop **parsley**. Peel and mince or grate **garlic**. Zest and quarter **lemon (for 4, zest one lemon and quarter both)**.
- In a small bowl, combine parsley, **3 TBSP olive oil (5 TBSP for 4)**, a pinch of garlic, a **pinch of lemon zest**, and **lemon juice** to taste. Season with **salt** and **pepper**; set aside.

 Skip boiling water for cauliflower rice!




2 ROAST GREEN BEANS & FISH

- Trim **green beans** if necessary; toss on one side of a baking sheet with a **drizzle of olive oil, salt**, and **pepper**.
- Pat **tilapia*** dry with paper towels; rub each fillet with **olive oil**. Season with **Fry Seasoning, salt**, and **pepper**. Place on empty side of sheet.
- Roast on top rack until green beans are tender and tilapia is cooked through, 12-15 minutes. (**For 4 servings, divide between 2 sheets; roast green beans on top rack and tilapia on middle rack.**)



3 COOK COUSCOUS

- Meanwhile, once water is boiling, add **couscous** to pot. Cook until tender, 6-8 minutes. Drain thoroughly and return to pot.
- Add **half the garlic herb butter (all for 4 servings)** to pot with couscous; stir until butter is melted and couscous is coated. Taste and season with **salt** and **pepper**.
- Turn off heat; keep covered until ready to serve.

 Heat a **drizzle of oil** in a medium pot over medium-high heat. Add **cauliflower rice (no need to drain)**, **salt**, and **pepper**. Cook, stirring occasionally, until tender and any excess liquid has absorbed, 6-8 minutes. Cook through the rest of this step as instructed. (**Save couscous for another use.**)



4 TOAST ALMONDS

- While couscous cooks, heat a medium, dry pan over medium-high heat. Add **almonds** and toast, stirring occasionally, until golden brown, 2-4 minutes.
- Turn off heat. Transfer to a cutting board; finely chop half the almonds.



5 FINISH GREMOLATA

- Stir **chopped almonds** into bowl with **gremolata**. Add a **small pinch of chili flakes** if desired. Season with **salt, pepper**, and a **squeeze of lemon juice** to taste.



6 FINISH & SERVE

- Divide **couscous, green beans**, and **tilapia** between plates. Spoon **almond-parsley gremolata** over tilapia. Sprinkle **remaining almonds** over green beans and top with a **pinch of chili flakes** if desired.
- Serve with any **remaining lemon wedges** on the side.

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