

INGREDIENTS

2 PERSON | 4 PERSON



Lemon



1 Clove | 2 Cloves Garlic



Parsley



6 oz | 12 oz Green Beans



1 TBSP | 2 TBSP Fry Seasoning Tilapia Contains: Fish



Israeli Couscous Contains: Wheat



2 TBSP | 2 TBSP Garlic Herb Butter Contains: Milk



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.

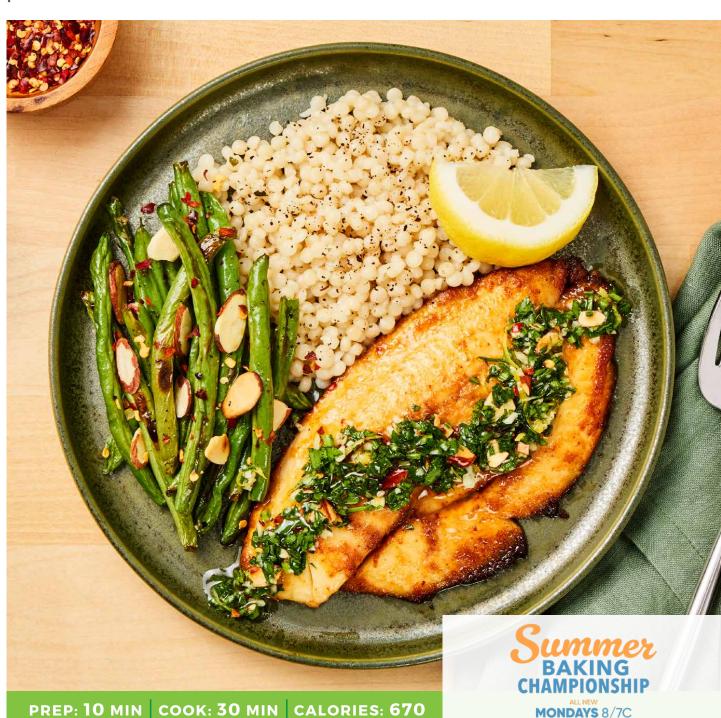


12 oz | 24 oz Cauliflower Rice

Calories: 610

TILAPIA WITH ALMOND-PARSLEY GREMOLATA

plus Green Beans & Garlic Herb Couscous





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
- Medium pan

Strainer

- Small bowlBaking 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.





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



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

another use.)

- 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.