



PARMESAN-CRUSTED FISH

with Herbed Potatoes and Carrots



HELLO

PARMESAN CRUST

Cheesy deliciousness is baked right in for a crispy fish coating without the frying.

PREP: 10 MIN | **TOTAL: 30 MIN** | **CALORIES: 540**



Carrot



Lemon



Garlic



Dried Oregano



Panko Breadcrumbs
(Contains: Wheat)



White Potatoes



Parsley



Parmesan Cheese
(Contains: Milk)



Tilapia
(Contains: Fish)

START STRONG

Don't skip oiling the baking sheet—even a very light layer of oil will help prevent the fish from sticking and keep your fillets intact and picture-perfect.

BUST OUT

- Peeler
- Paper towel
- 2 Baking sheets
- Large bowl
- Zester
- Small bowl
- Olive oil (5 tsp | 9 tsp)
- Butter (1 TBSP | 2 TBSP)
(Contains: Milk)

INGREDIENTS

Ingredient 2-person | 4-person

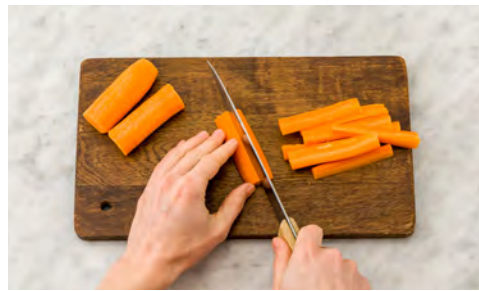
- Carrot 1 | 2
- White Potatoes 12 oz | 24 oz
- Lemon 1 | 1
- Parsley ¼ oz | ¼ oz
- Garlic 2 Cloves | 4 Cloves
- Parmesan Cheese ¼ Cup | ½ Cup
- Dried Oregano 1 tsp | 2 tsp
- Panko Breadcrumbs ¼ Cup | ½ Cup
- Tilapia 11 oz | 22 oz

HELLO WINE



PAIR WITH
Heuningby South Africa
Chenin Blanc, 2016

[HelloFresh.com/Wine](https://www.hellofresh.com/wine)



1 PREHEAT AND PREP

Wash and dry all produce. Adjust oven racks to upper and middle positions and preheat oven to 425 degrees. Peel **carrot**, then cut into 2-inch-long pieces. Quarter each piece lengthwise to create sticks. Cut **potatoes** in half. Toss carrot, potatoes, a drizzle of **olive oil**, and a pinch of **salt** and **pepper** on a baking sheet.



4 BAKE TILAPIA

Pat **tilapia** dry with a paper towel. Place on another, lightly oiled baking sheet. Sprinkle each fillet with a drizzle of **olive oil** and season with **salt** and **pepper**. Top with **crust mixture**, pressing to adhere. Bake in oven until flaky and opaque, about 8 minutes. After tilapia and veggies are both done, remove from oven and heat broiler.



2 ROAST VEGGIES AND PREP GARNISHES

Roast **carrot** and **potatoes** in oven on upper rack until tender and browned, 20-25 minutes, tossing halfway through. Meanwhile, zest **lemon** until you have 1 tsp zest, then cut into wedges. Chop **parsley**. Mince or grate **garlic**.



5 BROIL CRUST AND TOSS VEGGIES

Place **tilapia** under broiler and broil until crust is golden brown, about 2 minutes. Meanwhile, transfer **veggies** to a large bowl along with **1 TBSP butter** and a large pinch of **parsley**. Toss to combine and melt butter. Season with **salt** and **pepper**.



3 MAKE CRUST

In a small bowl, combine **Parmesan**, **oregano**, **zest**, half the **garlic**, **¼ cup panko** (we sent more), and a drizzle of **olive oil**. Season with **salt**, **pepper**, and more garlic (to taste).



6 PLATE AND SERVE

Divide **veggies** and **tilapia** between plates. Squeeze over a bit of **lemon juice** and sprinkle with remaining **parsley**, if desired.

NICE CATCH!

Who said cooking fish at home wasn't easy?

Share your #HelloFreshPics with us! | (800) 733-2414 HelloFresh.com | hello@hellofresh.com

WK34NJ-3