



Grilled Tikka-Style Tilapia and Basmati Pilaf with Grilled Garlic Butter Flatbreads

Family Friendly

Grill

20 - 30 Minutes

*2 Double



Tilapia Fillets

600 g | 1200 g

Customized Protein

+ Add

Swap

or

*2 Double

If you chose to alter your protein, simply follow the **icons and specific instructions** on the back in the sidebar and you're set. You can also refer to your customized recipe online, [visit hellofresh.ca](https://www.hellofresh.ca)



Tilapia
300 g | 600 g



Tikka Sauce
½ cup | 1 cup



Red Onion
1 | 2



Green Bell Pepper
1 | 2



Flatbread
2 | 4



Garlic Salt
½ tsp | 1 tsp



Indian Spice Mix
1 tbsp | 2 tbsp



Basmati Rice
¾ cup | 1 ½ cups

Allergens Hey home cooks! Please refer to the website or app for the as-prepared recipe nutritional information.

Ingredients are packaged in a facility that also handles egg, fish, crustacean, shellfish, milk, mustard, peanuts, sesame, soy, sulphites, tree nuts and wheat.

Pantry items | Butter, oil, salt, pepper

Cooking utensils | Aluminum foil, baking sheet, measuring cups, measuring spoons, medium bowl, medium pot, silicone brush, small bowl

1



Cook rice

- Before starting, wash and dry all produce.
- Lightly oil the grill.
- While you prep, preheat the grill to medium-high (approx. 500°F).

- Add **1 ¼ cups** (2 ½ cups) **water** and **¼ tsp** (½ tsp) **garlic salt** to a medium pot. Cover and bring to a boil over high heat.
- Once boiling, add **rice**, then reduce heat to low. Cover and cook until **rice** is tender and liquid is absorbed, 12-14 min. Remove from heat. Set aside, still covered.

2



Prep veggies and garlic butter

- Meanwhile, peel, then cut **onion** into half. (**TIP:** Keep root intact. It will make it easier to grill.)
- Core, then cut **pepper** in half.
- Add **onions**, **peppers**, **1 tbsp** (2 tbsp) **oil** and **half the Indian Spice Mix** to a medium bowl. Season with **salt** and **pepper**, then toss to combine.
- Heat **1 tbsp** (2 tbsp) **butter** in a small bowl in the microwave until melted, 30 sec.
- Stir in **¼ tsp** (½ tsp) **garlic salt**, then season with **pepper**.

3



Prep fish

*2 Double | Tilapia Fillets

- Pat **fish** dry with paper towels. Arrange **fish** on a sheet of foil large enough for the **fillets**.
- Season with **remaining Indian Spice Mix**, **salt** and **pepper**.
- Spread **tikka sauce** all over **fillets**.

4



Grill fish and veggies

- Arrange **onions** and **peppers** on one side of the grill. Cook, flipping once halfway through cooking, until tender, 5-6 min.
- Carefully arrange foil with **fish** on the other side of the grill. Close lid and grill until **tilapia** is cooked through, 5-6 min.**
- Transfer **veggies** and **fish** on foil to a baking sheet, then cover with foil to keep warm.

5



Grill flatbreads

- Once the grill is free, add **flatbreads** to the grill, then brush with **melted garlic butter**. Grill until heated through and grill marks form, 1-2 min. Flip, then brush with more **garlic butter**. Grill until heated through and grill marks form, 1-2 min. (**TIP:** Keep an eye on flatbreads so they don't burn!)
- Transfer to the baking sheet and cover to keep warm.

6



Finish and serve

- Remove root and outer layer from **onions**, then cut **onions** and **peppers** into ½-inch pieces.
- Fluff **rice** with a fork. Add **onions**, **peppers** and **1 tbsp** (2 tbsp) **butter** to **rice**, then stir until **butter** is melted.
- Cut **flatbreads** into quarters.
- Divide **flatbreads** and **rice pilaf** between plates. Top **pilaf** with **fish**. Drizzle **any remaining tikka sauce** from the foil over **fish**.

Measurements
within steps

1 tbsp (2 tbsp) **oil**
2 person 4 person Ingredient

3 | Prep fish

*2 Double | Tilapia Fillets

If you've opted for **double tilapia**, cook it in the same way the recipe instructs you to cook the **regular portion of tilapia**.

** Cook to a minimum internal temperature of 70°C/158°F, as size may vary.