



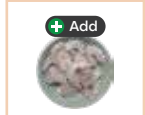
Greek-Inspired Roasted Fish Dinner

with Lemony Feta Sauce and Fresh Salad

Family Friendly 25 Minutes

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)



Shrimp

285 g | 570 g



Tilapia
300 g | 600 g



Basmati Rice
¾ cup | 1 ½ cup



Baby Spinach
113 g | 227 g



Mini Cucumber
1 | 2



Baby Tomatoes
113 g | 227 g



Dill
7 g | 14 g



Lemon
1 | 2



Feta Cheese,
crumbled
¾ cup | 1 cup



Vegetable Stock
Powder
1 tbsp | 2 tbsp



Mayonnaise
4 tbsp | 8 tbsp



Zesty Garlic
Blend
1 tbsp | 2 tbsp

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 | Oil, salt, unsalted butter, sugar, pepper

Cooking utensils | Baking sheet, large bowl, measuring cups, measuring spoons, medium pot, parchment paper, 2 small bowls, zester, paper towels

1



Cook rice

- Before starting, preheat the oven to 450°F.
 - Add 1 ¼ cups (2 ½ cups) water to a medium pot.
 - Cover and bring to a boil over high heat.
 - Wash and dry all produce.
- Add **rice**, **vegetable stock powder**, **half the Zesty Garlic spice blend**, and **1 tbsp** (2 tbsp) **butter** to **boiling water**. 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.

4



Finish prep

- Add **feta**, **lemon zest**, **mayo** and **half the dill** to a small bowl. Season with **salt** and **pepper**, then stir to combine.
- Add **1 tbsp** (2 tbsp) **lemon juice**, **½ tbsp** (1 tbsp) **oil** and **½ tsp** (1 tsp) **sugar** to a large bowl. Season with **salt** and **pepper**, then stir to combine.
- Fluff **rice** with a fork. Stir in chopped **spinach**. Cover and let stand until **spinach** wilts, 1-2 min.

2



Prep

- Meanwhile, zest, then juice **lemon**.
- Thinly slice **cucumber**.
- Halve **tomatoes**.
- Roughly chop **half the spinach**. (Whole spinach will be used for your salad.)
- Roughly chop **dill**.

5



Finish and serve

- Add **cucumber**, **tomatoes** and **remaining spinach** to bowl with **dressing**. Toss to coat.
- Divide **rice**, **tilapia** and **salad** between plates.
- Dollop **feta-dill sauce** over top.
- Sprinkle **remaining dill** over top, if desired.

3



Roast fish

- Combine **remaining Zesty Garlic Blend** and **1 tbsp** (2 tbsp) **oil** in a small bowl.
- Pat **tilapia** dry with paper towels. Arrange on a parchment-lined baking sheet. Spread **oil mixture** over **tilapia**. Season with **salt** and **pepper**.
- Roast in the **bottom** of the oven until cooked through, 8-10 min.**

Measurements
within steps

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

3 | Roast fish

+ Add | Shrimp

If you've opted to add **shrimp**, using a strainer, drain and rinse **shrimp**, then pat dry with paper towels. Season with **salt** and **pepper**. Heat a large non-stick pan over medium-high. When hot, add ½ **tbsp** (1 tbsp) **oil**, then **shrimp**. Cook, stirring occasionally, until **shrimp** just turn pink, 2-3 min.** Remove from heat, then transfer **shrimp** to a plate.

5 | Finish and serve

+ Add | Shrimp

Top final plates with **shrimp**.

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