



# Crispy Breadcrumb-Topped Tilapia

## with Zucchini and Tomato Orzo

Family Friendly

Quick

25-35 Minutes



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Tilapia



Mayonnaise



Italian Breadcrumbs



Orzo



Baby Tomatoes



Zucchini



Parmesan Cheese,  
shredded



Zesty Garlic Blend



Vegetable Stock  
Powder

HELLO ORZO

*It looks like rice but it is actually pasta!*

## Start here

- Before starting, preheat the oven to 450°F.
- Wash and dry all produce.
- Add 6 cups water and 1 tsp salt to a medium pot (use same for 4 ppl).
- Cover and bring to a boil over high heat.

Measurements within steps **1 tbsp** (2 person) **(2 tbsp)** (4 person) **oil** Ingredient

## Bust out

Baking sheet, measuring spoons, strainer, medium pot, parchment paper, measuring cups, large non-stick pan, paper towels

## Ingredients

	2 Person	4 Person
Tilapia	300 g	600 g
Mayonnaise	2 tbsp	4 tbsp
Italian Breadcrumbs	¼ cup	½ cup
Orzo	170 g	340 g
Baby Tomatoes	113 g	227 g
Zucchini	200 g	400 g
Parmesan Cheese, shredded	¼ cup	½ cup
Zesty Garlic Blend	1 tbsp	2 tbsp
Vegetable Stock Powder	1 tbsp	2 tbsp
Unsalted Butter*	2 tbsp	3 tbsp
Salt and Pepper*		

\* Pantry items

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

## 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.



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1



### Cook orzo

- Add **orzo** to the **boiling water**. Cook uncovered, stirring occasionally, until tender, 10-12 min.
- Reserve **½ cup** (1 cup) **pasta water**, then drain and return **orzo** to the same pot, off heat.

4



### Roast tilapia

- Spread **mayo** over **tops of tilapia**.
- Sprinkle **toasted breadcrumbs** over **mayo**, pressing down gently to adhere.
- Roast in the **middle** of the oven, until **tilapia** is cooked through, 8-10 min.\*\*

2



### Prep

- Meanwhile, halve **tomatoes**.
- Halve **zucchini** lengthwise, then cut into ¼-inch half-moons.
- Heat a large non-stick pan over medium heat.
- While the pan heats, pat **tilapia** dry with paper towels. Season with **2 tsp** (4 tsp) **Zesty Garlic Blend**.
- Add **tilapia** to a parchment-lined baking sheet.

5



### Finish orzo

- Meanwhile, heat the same pan (from step 2) over medium-high.
- When hot, add **1 tbsp** (1 ½ tbsp) **butter**, then swirl the pan until melted. Add **zucchini**. Cook, stirring occasionally, until tender-crisp, 3-4 min.
- Add **tomatoes**, **stock powder**, **remaining Zesty Garlic Blend**, **orzo** and **reserved pasta water**. Season with **pepper**, then bring to a simmer.

3



### Toast breadcrumbs

- When the pan is hot, add **1 tbsp** (1 ½ tbsp) **butter** and **breadcrumbs**. Toast, stirring often, until **butter** melts and **breadcrumbs** are golden, 1-2 min.
- Remove from heat.

6



### Finish and serve

- Once simmering, reduce heat to medium.
- Add **Parmesan**. Stir until **Parmesan** melts and **mixture** thickens slightly and coats **orzo**, 2-3 min.
- Divide **orzo** between plates. Top with **tilapia**.

Dinner Solved!