



Parmesan-Crusted Baked Tilapia

with Buttered Rice and Lemony Mayo

30 Minutes



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CUSTOM RECIPE

This is a Custom Recipe. If you chose to add shrimp, simply follow the instructions on the back of this card and you're set. Happy cooking!



Tilapia Fillets



Shrimp



Panko Breadcrumbs



Parmesan Cheese, shredded



Lemon



Garlic Powder



Basmati Rice



Vegetable Broth Concentrate



Mayonnaise



Green Beans

HELLO PANKO

These flaky, Japanese-style breadcrumbs give fish an irresistibly light and airy crunch!

Start here

- Before starting, remove 1 tbsp (2 tbsp) butter from the fridge and set aside to come up to room temperature.
- Preheat the oven to 450°F.
- Wash and dry all produce.

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

Bust out

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

Ingredients

	2 Person	4 Person
Tilapia Fillets	300 g	600 g
Shrimp	285 g	570 g
Panko Breadcrumbs	¼ cup	½ cup
Parmesan Cheese, shredded	¼ cup	½ cup
Lemon	½	1
Garlic Powder	1 tsp	2 tsp
Basmati Rice	¾ cup	1 ½ cups
Vegetable Broth Concentrate	1	2
Mayonnaise	2 tbsp	4 tbsp
Green Beans	170 g	340 g
Unsalted Butter*	2 tbsp	4 tbsp
Sugar*	½ tsp	1 tsp
Oil*		
Salt and Pepper*		

* Pantry items

** Cook tilapia and shrimp to minimum internal temperatures of 70°C/158°F and 74°C/165°F, respectively, 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 rice

- Stir together **rice**, **broth concentrate**, **1 ¼ cups** (2 ½ cups) **water** and **¼ tsp** (½ tsp) **salt** in a medium pot. Cover and bring to a simmer over high heat.
- Once simmering, 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.

If you've opted to add **shrimp**, using a strainer, drain and rinse, then pat **shrimp** dry with paper towels. Season with **salt** and **pepper**. Heat a large non-stick pan over medium-high heat. 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 to a plate. Reuse the same pan to cook **green beans** in step 3.

4



Make lemony mayo

- Meanwhile, add mayo, **2 tsp** (4 tsp) **lemon juice** and **½ tsp** (1 tsp) **sugar** to another small bowl. Season with **salt** and **pepper**, to taste, then stir to combine.

2



Prep tilapia

- Meanwhile, zest, then juice **half the lemon** (whole lemon for 4 ppl).
- Add **panko**, **lemon zest**, **half the garlic powder** and **1 tbsp** (2 tbsp) **softened butter** to a small bowl. Season with **salt** and **pepper**, then mash with a fork until combined.
- Pat **tilapia** dry with paper towels. Season with **salt** and **pepper**.
- Arrange on a parchment-lined baking sheet.
- Sprinkle **Parmesan** over **tilapia**, then top with **panko mixture**, pressing down gently to adhere.

5



Finish and serve

- Add **1 tbsp** (2 tbsp) **butter** to the pot with **rice**, then fluff with a fork until **butter** melts.
- Divide **rice** and **green beans** between plates. Top **rice** with **tilapia**.
- Drizzle **lemony mayo** over top.

Top final plates with **shrimp**.

Dinner Solved!

3



Bake tilapia and cook green beans

- Bake in the **top** of the oven until **crust** is golden-brown and **tilapia** is cooked through, 10-12 min.**
- Meanwhile, trim **green beans**.
- Heat a large non-stick pan over medium-high heat.
- When hot, add **½ tbsp** (1 tbsp) **oil**, then **green beans**. Cover and cook, stirring occasionally, until golden-brown, 4-6 min.
- Season with **salt**, **pepper** and **remaining garlic powder**. Cook, stirring often, until fragrant, 30 sec.