
20 Min: BBQ-Spiced Tilapia

with Charred Broccoli & Cheesy Rice



ca. 20min



2 Servings

What we send

- 1 medium yellow onion
- ½ lb broccoli
- garlic
- ¼ oz fresh chives
- 10 oz pkg tilapia ⁴
- ¼ oz BBQ spice blend
- 10 oz ready to heat basmati rice
- 1 oz sour cream ⁷
- .35 oz Dijon mustard ¹⁷
- 2 oz shredded cheddar-jack blend ⁷

What you need

- olive oil
- kosher salt & ground pepper

Tools

- rimmed baking sheet
- medium ovenproof skillet

Allergens

Fish (4), Milk (7), Sulphites (17). May contain traces of other allergens. Packaged in a facility that packages gluten containing products.

Nutrition per serving

Calories 0kcal

1. Prep ingredients

Preheat broiler with a rack in the upper third. Finely chop **onion**. Finely chop **1 teaspoon garlic**. Trim stem ends from **broccoli**, then cut crowns into florets. Finely chop **chives**.

4. Make rice

Meanwhile, heat **1 tablespoon oil** in a medium oven proof skillet over medium-high. Add **chopped onions** and **garlic**; cook, stirring, until onions are golden and softened, about 5 minutes. Add **sour cream, 1 teaspoon dijon**, and **¼ cup water**; stir to combine. Add **rice**; cook, stirring, until warmed through, 2-3 minutes. Season to taste with **salt** and **pepper**.

2. Prep tilapia

Pat **tilapia** dry, rub all over with **oil**, and season with **2 teaspoons bbq spice** (save rest for own use) and **a pinch each of salt and pepper**.

5. Broil cheesy rice

Sprinkle **cheese** over **rice mixture** in skillet. Broil until cheese is melted and browned in spots, 2-3 minutes (watch closely as broilers vary). Sprinkle **chives** over top.

3. Roast broccoli & tilapia

On a rimmed baking sheet, toss **broccoli** with **1 tablespoon oil**, and season with **a pinch each of salt and pepper**. Broil on upper oven rack until crisp tender and starting to brown in spots, about 5 minutes. Place **tilapia** on same baking sheet and continue to broil until fish is cooked through and broccoli is tender and charred, about 3-5 minutes more.

6. Finish & serve

Serve **bbq-spiced tilapia** with **broccoli** and **cheesy rice** alongside.