



Roasted Tilapia with Herbed Panko, Potatoes & Spinach Salad

 20-30min  2 Servings

Tilapia is a white fish with a mild flavor—it's the perfect flaky, blank canvas for a punch of flavor. Here, we coat these fillets with an herby panko topping, which gets crispy in the oven for a delightful crunch to balance the tender fish. We serve it with baby spinach salad and buttery potatoes for a well-balanced plate.

What we send

- 2 Yukon gold potatoes
- 1 lemon
- 1 pkt Dijon mustard ¹⁷
- ¼ oz fresh thyme
- 1 oz panko breadcrumbs ^{1,6}
- 10 oz pkg tilapia ⁴
- 1 oz salted almonds ¹⁵
- 3 oz baby spinach

What you need

- kosher salt & ground pepper
- butter ⁷
- olive oil

Tools

- small saucepan
- microplane or grater
- medium ovenproof skillet

Allergens

Wheat (1), Fish (4), Soy (6), Milk (7), Tree Nuts (15), Sulphites (17). May contain traces of other allergens. Packaged in a facility that packages gluten containing products.

Nutrition per serving

Calories 600kcal, Fat 31g, Carbs 51g, Proteins 38g



1. Cook potatoes

Preheat oven to 450°F with a rack in the center.

Scrub **potatoes**, then cut into 1-inch thick wedges; transfer to a small saucepan. Add **2 teaspoons salt** and enough water to cover by ½-inch. Bring to a boil; cook until easily pierced with a fork, about 5 minutes. Drain well, then return to saucepan; toss with **1 tablespoon butter**. Cover to keep warm.



4. Season tilapia

Pat **tilapia** dry and season all over with **salt** and **pepper**. Spread **lemon-Dijon mixture** on one side of each filet, then top with **herbed panko**, pressing gently to adhere.

Drizzle same skillet with **oil**. Add tilapia, panko side up.



2. Prep ingredients

Finely grate **½ teaspoon lemon zest**, then squeeze **1 teaspoon lemon juice** into a medium bowl, keeping them separate. Cut any remaining lemon into wedges. Add **1 tablespoon oil** to bowl with lemon juice; season with **salt** and **pepper**.

In a small bowl, combine lemon zest, **Dijon mustard**, and **½ teaspoon each of oil and water**. Season with **salt** and **pepper**.



5. Roast tilapia

Transfer **tilapia** to center oven rack and roast until **panko** is deeply browned and fish is cooked through, about 10 minutes (watch closely as ovens vary).



3. Toast panko

Pick and finely chop **1 teaspoon thyme leaves**; discard stems. Heat **1 tablespoon oil** in a medium ovenproof skillet over medium. Add **chopped thyme** and **¼ cup panko**; season with **salt** and **pepper**. Cook, stirring, until panko is lightly browned, 5-6 minutes. Transfer to a bowl. Wipe out skillet.



6. Finish & serve

Coarsely chop **almonds**. Transfer almonds and **spinach** to bowl with **dressing**, then stir to combine.

Serve **roasted tilapia** with **buttered potatoes** and **salad** with **any lemon wedges** alongside. Enjoy!