



20-Min: Za'atar Tilapia with Olive Gremolata

over Couscous with Blistered Beans & Tomatoes



ca. 20min



2 Servings

We don't play favorites when it comes to spice blends, but za'atar is up there as one of the best! This lively mix combines herbs, sesame seeds, and lemony sumac, and it shines when paired with mild tilapia fillets. The fish broils on one sheet pan alongside crisp green beans and jammy plum tomatoes (hello, easy cleanup!). We play up the Mediterranean flavors on this plate with a homemade Kalamata olive gremolata and couscous.

What we send

- 3 oz couscous ¹
- 2 plum tomatoes
- ½ lb green beans
- 10 oz pkg tilapia ²
- 2 (¼ oz) pkts za'atar spice blend ³
- garlic
- 1 oz Kalamata olives
- 1 lemon
- ¼ oz fresh parsley
- 2 (1 oz) sour cream ⁴

What you need

- kosher salt & ground pepper
- olive oil
- red wine vinegar (or white wine vinegar)

Tools

- small saucepan
- rimmed baking sheet
- microplane

Allergens

Wheat (1), Fish (2), Sesame (3), Milk (4). May contain traces of other allergens. Packaged in a facility that packages gluten containing products.

Nutrition per serving

Calories 780kcal, Fat 46g, Carbs 54g, Protein 40g



1. Make couscous

In a small saucepan, bring **½ cup water** and **a pinch of salt** to a boil. Stir in **couscous**; cover and remove from heat. Let stand for at least 5 minutes, or until step 6.

Preheat broiler with a rack in the upper third. Cut **tomatoes** into ½-inch pieces. Trim stem ends from **green beans**.



4. Prep ingredients

Meanwhile, finely chop **1 tablespoon garlic**. Coarsely chop **olives**, removing any pits, if necessary. Finely grate **1 teaspoon lemon zest**, then cut lemon into wedges. Coarsely chop **parsley**, removing any large pieces of stem.



2. Season tilapia & veggies

Pat **tilapia** very dry, then drizzle each fillet all over with **oil** and season all over with **salt** and **za'atar spice blend**; transfer to one side of rimmed baking sheet. On other side of baking sheet, toss **green beans** and **tomatoes** with **2 tablespoons oil** and **a generous pinch each of salt and pepper**.



5. Make dressing & gremolata

In a small bowl, stir to combine **all of the sour cream**, **half of the garlic**, **1 tablespoon water**, and **a squeeze of lemon juice** (about 1 teaspoon). Season sour cream to taste with **salt** and **pepper**.

In a 2nd bowl, stir to combine **olives**, **lemon zest**, **half of the parsley**, **remaining garlic**, **3 tablespoons oil**, **2 tablespoons vinegar**, and **a generous pinch each of salt and pepper**.



3. Broil tilapia & veggies

Transfer baking sheet to upper oven rack and broil until **veggies** are tender and **tilapia** is cooked through, carefully flipping fish halfway through, 8-10 minutes total. (Watch closely as broilers vary.)



6. Finish & serve

Fluff **couscous** with a fork, then transfer to plates. Spoon **sour cream dressing** onto bottom of plates next to couscous. Place **veggies** on top of sour cream. Place **tilapia** on top of couscous and spoon **gremolata** over top. Garnish with **remaining parsley**, and serve with **remaining lemon wedges** on the side for squeezing over. Enjoy!