



20-Min: BBQ-Spiced Tilapia

with Charred Broccoli & Cheesy Rice



ca. 20min



2 Servings

Quick-cooking time with big flavor, this meal checks all the boxes! Bold spices are the trick for speedy and delicious meals, and our BBQ spice blend brings mild tilapia filets to life. No instant soup needed here—we make our cheesy rice from scratch, but it still only takes a few minutes, thanks to ready-to-heat basmati rice. Charred broccoli adds fresh vegetables to the plate— and before you know it, dinner is on the table!

What we send

- 1 medium yellow onion
- garlic
- ½ lb broccoli
- ¼ oz fresh chives
- 10 oz pkg tilapia ⁴
- ¼ oz BBQ spice blend
- 1 oz sour cream ⁷
- 1 pkt Dijon mustard ¹⁷
- 10 oz ready-to-heat basmati rice
- 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 750kcal, Fat 31g, Carbs 76g, Protein 46g



1. Prep ingredients

Preheat broiler with a rack in the upper third. Finely chop **onion**. Finely chop **1 teaspoon garlic**. Cut **broccoli** into 1-inch florets, if necessary. Finely chop **chives**.



2. Prep tilapia

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



3. Broil 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.



4. Make rice

Meanwhile, heat **1 tablespoon oil** in a medium ovenproof 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 mustard**, and **¼ cup water**; stir to combine. Add **rice**; cook, stirring, until warmed through, 2-3 minutes. Season to taste with **salt** and **pepper**.



5. Broil cheesy rice

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



6. Finish & serve

Serve **BBQ-spiced tilapia** with **broccoli** and **cheesy rice** alongside. Enjoy!