



Easy Prep! Tilapia Puttanesca Foil Packet

with Garlic Bread



20-30min



2 Servings

Unwrapping this savory and saucy fish is one of the best presents you can give yourself. Tender tilapia, zucchini, and fennel soak up the marinara sauce, while capers and olives bring a briny kick. Top it with parsley and toast some garlicky bread alongside, and enjoy all the dishes you don't have to clean!

What we send

- 1 zucchini
- 1 bulb fennel
- garlic
- 1 oz Castelvetrano olives ¹²
- 8 oz marinara sauce
- ½ oz fish sauce ⁴
- 10 oz pkg tilapia ⁴
- 1 oz capers ¹²
- 2 ciabatta rolls ¹
- ¼ oz fresh parsley

What you need

- kosher salt & ground pepper
- olive oil

Tools

- aluminium foil or parchment paper
- rimmed baking sheet

Allergens

Wheat (1), Fish (4), Sulphur dioxide and sulphites (12). May contain traces of other allergens. Packaged in a facility that packages gluten containing products.

Nutrition per serving

Calories 580kcal, Fat 18g, Carbs 69g, Protein 41g



1. Prep ingredients

Preheat oven to 450°F with racks in the upper third and center.

Trim ends from **zucchini**, then cut into ⅛-inch rounds. Halve **fennel**, discard core, and thinly slice one half (save rest for own use). Finely chop **2 teaspoons garlic**. Thinly slice or tear **olives**.

In a medium bowl, stir together **marinara** and **fish sauce**.



4. Bake packets

Roast packets on center oven rack until **fish** is just cooked through and **vegetables** are tender, 15-20 minutes. Let rest 5 minutes before opening.



2. Assemble vegetables

Cut 2 pieces of foil or parchment into 12x20-inch rectangles.

Place **fennel** in a microwave-safe bowl. Cover and microwave until softened, 1-2 minutes. Add **zucchini** and season with **salt** and **pepper**; toss to combine.

Divide vegetables between centers of foil or parchment sheets. Divide **half of the sauce** between sheets, spooning over top.



5. Toast bread, chop parsley

While **fish** cooks, drizzle cut sides of **ciabatta** with **oil**; season with **salt** and **pepper**. Bake on upper oven rack until golden brown and toasted, 4-6 minutes. While warm, rub cut sides with **1 small garlic clove**.

Finely chop **parsley leaves and stems**.



3. Add sauce & fish

Pat **fish** dry; season all over with **salt** and **pepper**. Place over **vegetables**; spoon **remaining sauce** over top. Top fish with **chopped garlic, olives, and capers**; drizzle each fillet with **2 teaspoons oil**.

Fold sides of sheets over top and pinch edges to seal. Place packets on a rimmed baking sheet.



6. Serve

Carefully open packets and drizzle **fish** with **oil**, if desired. Sprinkle with **parsley**.

Serve **tilapia puttanesca** with **toasted ciabatta** alongside. Enjoy!