



#3 Tilapia & Shrimp

Add a Protein Variety Pack to Your Box!



2 Servings

We're bringing the seaside to your kitchen with this seafood duo! Amp up any dinner with the addition of mild-tasting, flaky tilapia fillets or sweet, succulent shrimp. Plus, we think the short cook times are a bonus! Whether grilled, sautéed, pan-fried, or roasted—tilapia and shrimp are sure to be the stars of your dinner plate. Use them in your own recipes, or add them to a Martha Stewart & Marley Spoon recipe!

What we send

- 10 oz pkg shrimp ²
- 10 oz pkg tilapia ⁴

What you need

- Your choice!

Tools

- choose your own cooking adventure!

Allergens

Shellfish (2), Fish (4). May contain traces of other allergens. Packaged in a facility that packages gluten containing products.

Nutrition per serving

Calories 0kcal



1. Keep it simple!

Let the succulent seafood flavor do the talking! Simply season with olive oil, salt, and pepper and pan-sear in a nonstick skillet until the tilapia is golden and flaky, or the shrimp are pink and curled.



2. Hands-on seafood gyros

Feeding a crowd or just looking for a make-your-own type of meal? Season the tilapia or shrimp with olive oil, dried oregano, salt, pepper, and chopped garlic. Grill or sear the fish until just cooked through. Serve it on a platter alongside toasted pitas, chopped tomatoes, sliced cucumbers, and olives. Serve hummus and tzatziki on the side and let everyone build their own gyros.



3. Niçoise Salad

For a kicked up take on a classic Niçoise, gather the usual components: parboiled sliced potatoes, hard-boiled eggs, gently cooked green beans, briny olives, sweet chopped tomatoes, and a bed of greens. Here comes the twist: instead of tuna, top the salad with sautéed shrimp or pan-seared tilapia.



4. Big, bold tilapia

We love tilapia because it is so versatile! It is a very mild flavored fish, which means even the fish haters at your table might give it a chance. Load it with big, bold flavors. Try lemon butter and thyme or white wine and tarragon, use a dry rub, like a spicy Cajun blend or seafood seasoning! Or top it with buttery-spiced panko.



5. Shrimp tacos

Season the shrimp with your favorite taco spices and give them a hard sear in a hot skillet. Fill tortillas with shrimp and a crunchy cabbage slaw.



6. Sheet-pan bake!

Quick-cooking fish can be ready in an instant. Make dinnertime even easier on yourself by placing the filets on a rimmed baking sheet surrounded by your favorite veggies. Try bell peppers and onions, seasonal sliced squashes or zucchini, quartered Brussels sprouts, florets of broccoli or cauliflower, or even hearty leafy greens like kale! Drizzle with olive oil and season before baking!

Questions about the recipe? Cooking hotline: **866-228-4513** (Mon - Fri 9AM-9PM)

View the recipe online by visiting your account at marleyspoon.com #marthaandmarleyspoon