



Easy Prep! Buttery Cracker Crusted Fish

with Roasted Broccoli & Creamy Dill Sauce



30-40min



2 Servings

From the shores of New England comes this traditional sheet pan supper. We coat delicate tilapia filets with a savory Dijon mustard spread, top them with buttery cracker crumbs, and bake until crunchy and golden brown. Hearty broccoli roasts alongside the fish while we make a creamy herb sauce with fresh dill, lemon, and sour cream to complement the crispy topping.

What we send

- 2 (½ oz) oyster crackers ^{1,6,7}
- ½ lb broccoli
- ¼ oz fresh dill
- ½ oz fried shallots ⁶
- 1 lemon
- 1 pkt Dijon mustard ¹⁷
- ¼ oz seafood seasoning
- 10 oz pkg tilapia ⁴
- 2 (1 oz) sour cream ⁷

What you need

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

Tools

- microwave
- rimmed baking sheet
- microplane or grater

Allergens

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

Nutrition per serving

Calories 590kcal, Fat 42g, Carbs 21g, Protein 34g



1. Prep ingredients

Preheat oven to 425°F with a rack in the center.

Place **all of the crackers** in a plastic bag; crush into fine crumbs using a rolling pin or heavy skillet. Finely chop **1½ teaspoons garlic**. Cut **broccoli** into 1-inch florets, if necessary. Pick **dill fronds** from stems; discard stems. Microwave **1 tablespoon butter** in a small microwave-safe bowl until melted, about 30 seconds.



4. Prep broccoli & fish

Toss **broccoli** on reserved baking sheet with **½ teaspoon garlic**, **1½ tablespoons oil**, and **a pinch each of salt and pepper**; push to one side of baking sheet.

Pat **fish** dry. Grease other half of baking sheet, then place fish on the sheet. Brush fish all over with **mustard spread**. Spoon **cracker crumbs** over top and lightly press to adhere.



2. Toast cracker crumbs

Transfer **cracker crumbs** to a rimmed baking sheet; add **melted butter** and toss to combine. Toast on center oven rack until golden brown, 4-6 minutes.

Microwave **1 more tablespoon butter** in same bowl until melted, about 30 seconds. Once cracker crumbs are toasted, add them to bowl with melted butter and stir in **fried shallots**. Reserve baking sheet for step 4.



5. Bake fish

Bake **broccoli** and **fish** on center oven rack until broccoli is tender and fish is cooked through, 10-15 minutes.

Meanwhile, finely chop **half of the dill**. Wipe bowl from breadcrumbs clean and squeeze in **juice from 1 lemon wedge**.



3. Make mustard spread

Meanwhile, finely grate **1 teaspoon lemon zest** into a 2nd small bowl; stir in **Dijon mustard**, **½ teaspoon garlic**, **½ teaspoon seafood seasoning**, and **1 tablespoon oil**. Cut **lemon** into 8 wedges



6. Finish & serve

To **bowl with lemon juice**, stir in **sour cream**, **chopped dill**, **remaining garlic** and **2 teaspoons water**. Season to taste with **salt** and **pepper**.

Serve **fish** with **roasted broccoli** and **dill sauce** alongside. Garnish with **remaining dill** and serve with **lemon wedges** for squeezing over top. Enjoy!

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

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