



## Roasted Tilapia with Sweet Potatoes

with Spinach & Dill



30-40min



2 Servings

| This version of the recipe is customized with sweet potatoes.



## What we send

- 2 sweet potatoes
- 1 yellow onion
- 1 lemon
- 3 oz baby spinach
- 10 oz pkg tilapia <sup>4</sup>
- ¼ oz fresh dill

## What you need

- 1 Tbsp butter, softened <sup>7</sup>
- olive oil
- kosher salt & ground pepper

## Tools

- microplane or grater
- large ovenproof skillet

## Cooking tip

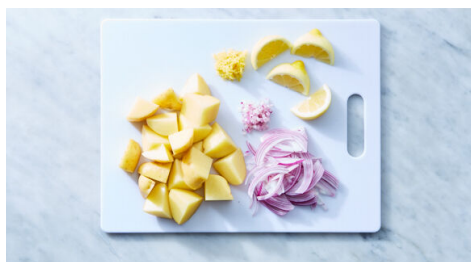
Set butter out to soften at room temperature at least 30 minutes before cooking.

## Allergens

Fish (4), Milk (7). May contain traces of other allergens. Packaged in a facility that packages gluten containing products.

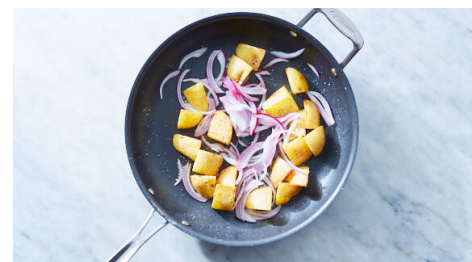
## Nutrition per serving

Calories 530kcal, Fat 16g, Carbs 67g, Protein 35g



### 1. Prep ingredients

Preheat oven to 425°F with a rack in the center. Scrub **potatoes**, then cut into 1-inch pieces. Halve and thinly slice **¾ cup onion** (save rest for own use); finely chop 1 tablespoon of the onions, leaving the rest sliced. Finely grate **all of the lemon zest**, then cut half of the lemon into 4 wedges (save rest for own use).



### 2. Sauté vegetables

Heat **1 tablespoon oil** in a large ovenproof skillet over medium-high. Add **potatoes** and cook, stirring occasionally, until lightly browned but not cooked through, about 7 minutes (reduce heat if browning too quickly). Stir in **sliced onions** and season with **salt** and **pepper**.



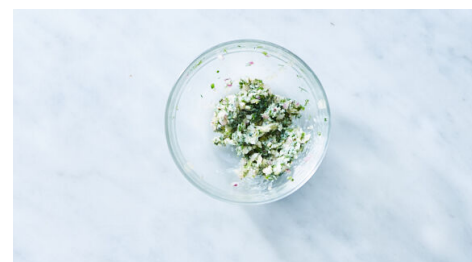
### 3. Pan-roast vegetables

Transfer skillet to center oven rack and roast until **potatoes** are tender, 10-12 minutes. Carefully remove from oven and stir in **spinach** to wilt slightly.



### 4. Roast fish

Pat **tilapia** dry and brush lightly with **oil**; season all over with **salt** and **pepper**. Place tilapia on top of **vegetables** and roast on center oven rack until fish is just cooked through, 8-10 minutes.



### 5. Make herb butter

Pick and coarsely chop **1 tablespoon dill fronds**; discard stems. In a small bowl, combine chopped dill, **chopped onions**, **1 tablespoon softened butter**, **½ teaspoon of the lemon zest** (reserve remaining for serving), and **a pinch each of salt and pepper**. Squeeze **1 lemon wedge** into bowl, and mash with a fork to combine.



### 6. Finish & serve

Use a spatula to transfer **vegetables** and **tilapia** to plates (careful, the skillet is hot!). Dot **herb butter** on top of fish and sprinkle with **some of the reserved lemon zest**. Serve **tilapia and veggies** with **remaining lemon wedges** on the side for squeezing over. Enjoy!