



Pistachio-Crusted Tilapia

with Roasted Broccoli, Blue Cheese & Mint



20-30min



2 Servings

Tilapia is a flaky white fish that holds its own when paired with bold flavors and textures. In this Mediterranean-inspired meal, we top tilapia fillets with finely chopped pistachios, panko breadcrumbs, and lemon zest, which adds a rich crunch and lemony zing. Better still, the tilapia roasts alongside crisp broccoli and tomatoes for a one-pan dinner that's short on calories and carbs, not on flavor!

What we send

- 1 oz salted pistachios ¹⁵
- ½ lb broccoli
- 2 plum tomatoes
- 1 lemon
- 1 oz panko ¹
- 10 oz pkg tilapia ⁴
- ¼ oz fresh mint
- 1 oz blue cheese crumbles ⁷

What you need

- olive oil
- kosher salt & ground pepper

Tools

- microplane or grater
- rimmed baking sheet

Allergens

Wheat (1), Fish (4), Milk (7), Tree Nuts (15). May contain traces of other allergens. Packaged in a facility that packages gluten containing products.

Nutrition per serving

Calories 470kcal, Fat 25g, Carbs 27g, Protein 40g



1. Prep ingredients

Preheat oven to 425°F with a rack in the upper third. Coarsely chop **pistachios**. Cut **broccoli** into 1-inch florets, if necessary. Cut **tomatoes** lengthwise into quarters.



4. Season vegetables

Place **broccoli** and **tomatoes** on other side of same baking sheet and drizzle with **oil**. Season vegetables with **salt** and **pepper**.



2. Prep pistachio topping

Finely grate **half of the lemon zest** into a small bowl. Add **panko**, **chopped pistachios**, and **1½ tablespoons oil**. Season mixture to taste with **salt** and **pepper**, then rub with your fingers to combine. Cut **lemon** into wedges.



5. Bake tilapia & vegetables

Transfer baking sheet to upper oven rack and roast until **broccoli and tomatoes** are tender and browned in spots, **tilapia** is cooked through, and **pistachio topping** is golden, about 10 minutes (watch closely as ovens vary). Meanwhile, pick and coarsely chop **mint leaves**; discard stems. Carefully toss roasted broccoli and tomatoes with chopped mint directly on baking sheet.



3. Prep tilapia

Pat **tilapia** dry, then season all over with **salt** and **pepper**. Transfer to one half of a rimmed baking sheet; evenly mound **pistachio mixture** on top of each fillet and lightly drizzle **oil** over top.



6. Finish & serve

Serve **tilapia** with **broccoli and tomatoes** alongside. Sprinkle **blue cheese** on top of vegetables and serve with **lemon wedges** on the side for squeezing over. Enjoy!