

DINNERLY



Low-Cal Spice-Rubbed Tilapia with Rice Pilaf & Fresh Tomato Salsa



30min



2 Servings

There's a lot more to Tex-mex than burritos and tacos. To prove it, we brought those classic flavors into this low-cal, low-fat masterpiece. Tilapia rubbed with taco seasoning, fresh and zingy salsa, and a pillowy bed of rice and peppers—what more could a cowboy ask for? We've got you covered!

WHAT WE SEND

- 1 green bell pepper
- 5 oz jasmine rice
- 2 plum tomatoes
- 2 scallions
- 10 oz pkg tilapia ⁴
- ¼ oz taco seasoning

WHAT YOU NEED

- garlic
- olive oil
- kosher salt & ground pepper
- red wine vinegar (or white wine vinegar)

TOOLS

- small saucepan
- large nonstick skillet

ALLERGENS

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

NUTRITION PER SERVING

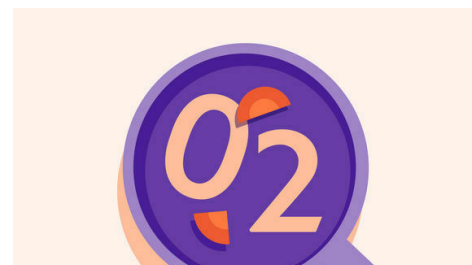
Calories 570kcal, Fat 17g, Carbs 69g, Protein 36g



1. Prep peppers & garlic

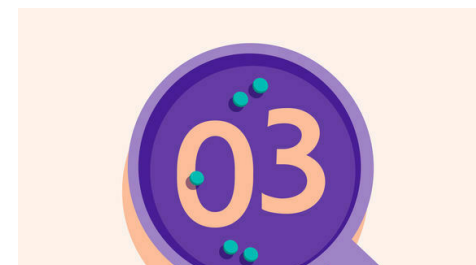
Finely chop **2 teaspoons garlic**. Halve **pepper** lengthwise, discard stem and seeds, and cut into thin strips.

Heat **1 tablespoon oil** in a small saucepan over medium-high. Add **peppers** and **a pinch each of salt and pepper**. Cook, stirring occasionally, until slightly softened, 2–3 minutes.



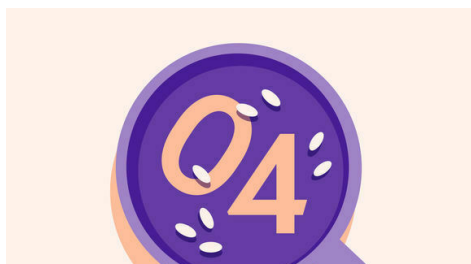
2. Cook rice

Add **rice** and **chopped garlic** to saucepan with **peppers**; cook, stirring, until rice is toasted, about 2 minutes. Stir in **1¼ cups water** and **½ teaspoon salt**. Bring to a boil, then cover and cook over low heat until rice is tender and water is absorbed, about 17 minutes.



3. Make salsa

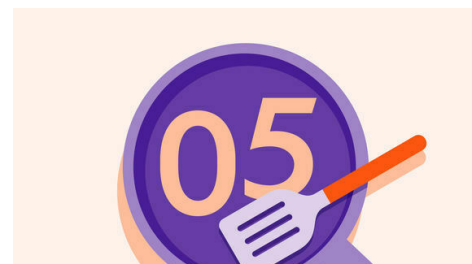
Cut **tomatoes** into ¼-inch pieces. Trim ends from **scallions**, then thinly slice. In a medium bowl, stir together **tomatoes**, **⅔ of the sliced scallions**, **1 teaspoon vinegar**, and **a pinch each of salt and pepper**.



4. Cook fish

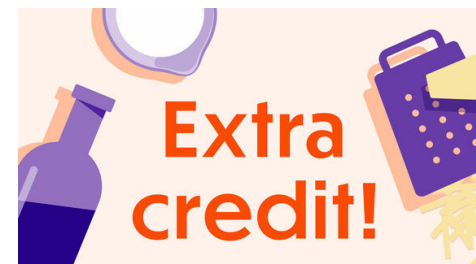
Pat **fish** dry, then season all over with **salt** and **taco seasoning**.

Heat **1 tablespoon oil** in a large nonstick skillet over medium-high. Add fish and cook until well browned and easily flakes, about 3 minutes per side.



5. Serve

Serve **tilapia** with **rice pilaf** alongside and **salsa** spooned over top. Garnish with **remaining sliced scallions**. Enjoy!



6. Did you know?

Ordering Dinnerly is not only more convenient, but it also reduces your carbon footprint. A study from the University of Michigan found that cooking with meal kits (including packaging) generates a much lower carbon footprint than purchasing the same ingredients at the grocery store. Considering every step in the process, average greenhouse gas emissions are ⅓ lower when cooking with meal kits.