



## Lemon-Dill Tilapia & Quinoa-Kale Blend

with Charred Green Beans



20-30min



2 Servings

Fresh and flavorful—our two favorite words when it comes to dinner. Lemon and dill are a powerhouse combination, especially when paired with tender tilapia. We complete the plate with protein-packed quinoa and charred green beans for a well-balanced bite, brimming with flavor and good for you ingredients.



### What we send

- 10 oz ready to heat quinoa-kale blend
- 1 lemon
- ¼ oz fresh dill
- ½ lb green beans
- 10 oz pkg tilapia <sup>4</sup>

### What you need

- olive oil
- kosher salt & ground pepper

### Tools

- microwave
- microplane or grater
- medium nonstick skillet

### Cooking tip

Before cutting the lemon, place it on a flat surface. Roll it a few times under the palm of your hand using medium pressure. This helps loosen up the inside so you have more juice to squeeze!

### Allergens

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

### Nutrition per serving

Calories 630kcal, Fat 40g, Carbs 38g, Protein 38g



#### 1. Cook quinoa

Transfer quinoa-kale blend to a microwave-safe bowl. Partially cover with a microwave-safe lid and microwave on high until warm, 2-3 minutes. (Alternatively, heat 1 teaspoon oil in a small saucepan over medium; add quinoa-kale blend and 1 tablespoon water. Cook, stirring occasionally, until warm, 3-5 minutes.)



#### 4. Cook green beans

Heat **2 teaspoons oil** in a medium nonstick skillet over high until shimmering. Add **green beans**; cook until tender and browned in spots, about 5 minutes. Transfer to a bowl; season with **salt** and **pepper**. Cover to keep warm.



#### 2. Prep ingredients

Finely grate **¼ teaspoon lemon zest** into a small bowl. Pick **2 tablespoons dill fronds** from stems; finely chop 1 tablespoon. Keep remaining dill whole; discard stems. Add **chopped dill** to bowl with zest and season with **salt** and **pepper**. Trim stem ends of **green beans**.



#### 3. Make lemon dressing

Squeeze **1 tablespoon lemon juice** into a 2nd small bowl. Whisk in **2 tablespoons oil** and season to taste with **salt** and **pepper**.



#### 5. Sear tilapia

Pat **fish** dry. Season all over with **salt** and **pepper**. Season top side only with **lemon-dill rub**. Heat **1 tablespoon oil** in same skillet over medium-high until shimmering. Reduce heat to medium; add fish fillets, rub-side up. Using the back of a spatula, press each fillet firmly in place for 10 seconds.



#### 6. Finish fish & serve

Continue to cook **fish**, occasionally pressing gently on fillets, until lightly golden, 2-3 minutes. Flip **fish**, and cook until flaky and cooked through, 2-3 minutes more.

Transfer **fish** to plates and serve with **quinoa** and **green beans**. Spoon **lemon dressing** over top. Garnish with **remaining whole dill fronds**. Enjoy!