

DINNERLY



Parmesan-Crusted Tilapia with Lemony Rice Pilaf



20-30min



2 Servings

What's that sound, you ask? Oh, just us digging into this ultra-crispy parm-crusted, pan-fried tilapia sitting on a bed of lemony, garlicky rice pilaf and topped with a sprinkle of parsley. Phew! That was a lot, but don't worry...we've got you covered!

WHAT WE SEND

- 5 oz jasmine rice
- 1 lemon
- $\frac{3}{4}$ oz Parmesan ¹
- $\frac{1}{4}$ oz fresh parsley
- 10 oz pkg tilapia ³
- $\frac{1}{4}$ oz Tuscan spice blend
- 1 oz panko ⁴

WHAT YOU NEED

- garlic
- butter ¹
- kosher salt & ground pepper
- 1 large egg ²
- neutral oil

TOOLS

- small saucepan
- medium nonstick skillet

COOKING TIP

When frying, make sure your oil is hot: it should reach 350°F with an oil thermometer. Or drop a pinch of flour into the oil—it should sizzle vigorously. Careful, oil may splatter while frying!

ALLERGENS

Milk (1), Egg (2), Fish (3), Wheat (4). May contain traces of other allergens. Packaged in a facility that packages gluten containing products.

NUTRITION PER SERVING

Calories 770kcal, Fat 34g, Carbs 74g, Protein 42g



1. Cook rice

Finely chop **1 teaspoon garlic**.

In a small saucepan, melt **2 tablespoons butter** over medium heat. Add **chopped garlic** and **rice** and cook, stirring, until rice is toasted, 2–3 minutes. Add **$\frac{1}{4}$ cups water** and **$\frac{1}{2}$ teaspoon salt**; bring to a boil. Cover and cook over low heat until rice is tender and water is absorbed, about 17 minutes. Remove from heat; keep covered.



2. Prep ingredients

Into a small bowl, zest **$\frac{1}{2}$ teaspoon lemon zest**, then halve lemon. Squeeze **2 teaspoons lemon juice** into bowl with lemon zest. Cut **remaining lemon** into wedges.

Finely grate **Parmesan**, if necessary. Coarsely chop **parsley leaves**; discard stems.



3. Prep fish

Pat **tilapia** dry, then season all over with **salt** and **pepper**.

Beat **1 large egg** in a shallow bowl with **1 tablespoon water or milk**; season with a **pinch each of salt and pepper**.

In a second shallow bowl, mix together **panko**, **half of the Parmesan**, and **2 teaspoons Tuscan spice blend**; season with **salt** and **pepper**.



4. Cook fish

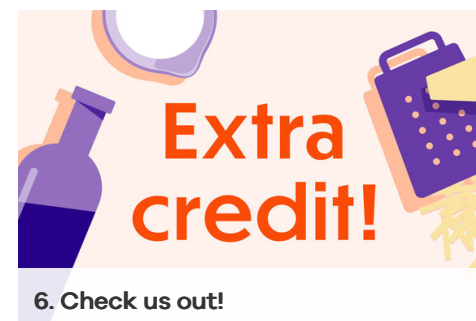
Heat **$\frac{1}{8}$ inch oil** in a medium nonstick skillet over medium-high until shimmering. Dip **fish** in **egg**, letting excess drip back into bowl, then dip fish into **panko mixture**, pressing to adhere. Add to skillet and cook until golden brown, 3–5 minutes. Flip and cook until tender, 2–4 minutes more. Transfer to a paper towel-lined plate.



5. Finish rice & serve

To saucepan with **rice**, add **lemon zest and juice**, **remaining Parmesan**, and **half of the parsley**; fluff to combine. Season to taste with **salt** and **pepper**.

Serve **lemony rice pilaf** with **Parmesan-crusted tilapia** over top. Sprinkle with **remaining parsley** and serve with **lemon wedges** for squeezing. Enjoy!



6. Check us out!

Want to see helpful cooking tips, tricks, and bonus Dinnerly content? Follow us on Instagram @dinnerly or TikTok @dinnerlyus for more!