



Easy Prep! Tomato-Braised Tilapia

with Lemony Couscous



20-30min



2 Servings

When big flavors meet quick prep, an impressive meal is on your table before you know it. Here, we jazz up tomato sauce with red bell peppers, cumin, and garlic, then add olives for a very Mediterranean twist. Tilapia filets braise gently in the sauce while we steam couscous with lemon zest, which fluffs up to steamy perfection. Briny feta and a sprinkling of fresh cilantro are the final garnishes.

What we send

- garlic
- 1 bell pepper
- 1 lemon
- 2 (3 oz) couscous ¹
- ¼ oz ground cumin
- 14½ oz whole peeled tomatoes
- 10 oz pkg tilapia ⁴
- 1 oz Castelvetrano olives
- ¼ oz fresh cilantro
- 2 oz feta ⁷

What you need

- kosher salt & ground pepper
- olive oil
- sugar

Tools

- microplane or grater
- microwave
- medium Dutch oven or pot with lid

Allergens

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

Nutrition per serving

Calories 680kcal, Fat 19g, Carbs 86g, Protein 47g



1. Prep ingredients

Finely chop **2 teaspoons garlic**. Halve **bell pepper**, remove stem and seeds, and cut into ½-inch thick strips. Grate **1 teaspoon lemon zest**; cut lemon into wedges.

In a large bowl, microwave **lemon zest**, **½ teaspoon salt**, and **1 cup water** until steaming, about 2 minutes. Stir in **couscous** and cover tightly. Set aside until liquid is absorbed, at least 10 minutes.



4. Braise fish

Pat **tilapia** dry and season with **salt** and **pepper**.

Remove any pits from **olives**, if necessary, then stir olives into sauce; season to taste with **salt** and **pepper**. Carefully add **tilapia** and drizzle **olive oil** over the top of the filets. Cover and cook until fish is cooked through, about 5 minutes.



2. Cook peppers

Heat **1 tablespoon oil** in a medium Dutch oven over medium-high. Add **peppers** and season with **a pinch each of salt and pepper**. Cook, stirring occasionally, until browned and tender, 3-5 minutes.



5. Finish

Coarsely chop **cilantro**. Fluff **couscous** with a fork and serve onto plates, then gently serve **tilapia** and **tomato sauce** over top. Crumble **feta** over **fish**, garnish with **cilantro**, and serve **extra lemon wedges** on the side.



3. Build sauce

Reduce heat to medium and add **garlic** and **2 teaspoons cumin**. Cook, stirring, until fragrant, about 30 seconds. Add **tomatoes**, **½ cup water**, and **½ teaspoon sugar**. Cook, covered, breaking up tomatoes with the back of a spoon until tomatoes have broken down and flavors meld, about 10 minutes.



6. Serve

Enjoy!