



Easy Prep! Tomato-Braised Tilapia with Quinoa

Olives & Feta



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 quinoa with lemon zest, which fluffs up to steamy perfection. Briny feta and a sprinkling of fresh cilantro are the final garnishes.

What we send

- 1 lemon
- 2 (3 oz) white quinoa
- garlic
- 1 bell pepper
- ¼ oz ground cumin
- 14½ oz can 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
- small saucepan
- medium Dutch oven or pot with lid

Allergens

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

Nutrition per serving

Calories 690kcal, Fat 24g, Carbs 75g, Protein 47g



1. QUINOA VARIATION

Grate **1 teaspoon lemon zest**; cut lemon into wedges.

In a small saucepan, combine **quinoa**, **lemon zest**, **¾ cup water**, and **½ teaspoon salt**. Bring to a boil. Cover, reduce heat to medium-low, and cook until tender and water is absorbed, 15-20 minutes. Keep covered off heat until ready to serve.



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

Finely chop **2 teaspoons garlic**. Halve **bell pepper**, remove stem and seeds, and cut into ½-inch thick strips.

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 **quinoa** 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!

Questions about the recipe? Cooking hotline: **866-228-4513** (Mon - Fri 9AM-9PM)

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