



Pistachio-Crusted Tilapia

with Roasted Broccolini, Feta & Mint



20-30min



2 Servings

Tilapia is a flaky white fish that holds its own when paired with bold flavors and textures. In this Mediterranean-inspired meal, we top tilapia fillets with finely chopped pistachios, panko breadcrumbs, and lemon zest, which adds a rich crunch and lemony zing. Better still, the tilapia roasts alongside crisp broccolini and tomatoes for a one-pan dinner that's short on calories and carbs, not on flavor!

What we send

- 1 oz salted pistachios ¹
- ½ lb broccolini
- 2 plum tomatoes
- 1 lemon
- 1 oz panko ²
- 10 oz pkg tilapia ³
- ¼ oz fresh mint
- 2 oz feta ⁴

What you need

- olive oil
- kosher salt & ground pepper

Tools

- microplane or grater
- rimmed baking sheet

Allergens

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

Nutrition per serving

Calories 500kcal, Fat 27g, Carbs 29g, Protein 41g



1. Prep ingredients

Preheat oven to 425°F with a rack in the upper third. Coarsely chop **pistachios**. Trim ends from **broccolini**. Cut **tomatoes** lengthwise into quarters.



2. Prep pistachio topping

Finely grate **half of the lemon zest** into a small bowl. Add **panko**, **chopped pistachios**, and **1½ tablespoons oil**. Season mixture to taste with **salt** and **pepper**, then rub with your fingers to combine. Cut **lemon** into wedges.



3. Prep tilapia

Pat **tilapia** dry, then season all over with **salt** and **pepper**. Transfer to one half of a rimmed baking sheet; evenly mound **pistachio mixture** on top of each fillet and lightly drizzle **oil** over top.



4. Season vegetables

Place **broccolini** and **tomatoes** on other side of same baking sheet and drizzle with **oil**. Season vegetables with **salt** and **pepper**.



5. Bake tilapia & vegetables

Transfer baking sheet to upper oven rack and roast until **broccolini and tomatoes** are tender and browned in spots, **tilapia** is cooked through, and **pistachio topping** is golden, about 10 minutes (watch closely as ovens vary). Meanwhile, pick and coarsely chop **mint leaves**; discard stems. Carefully toss roasted broccolini and tomatoes with chopped mint directly on baking sheet.



6. Serve

Serve **tilapia** with **broccolini and tomatoes**. Crumble **feta** over vegetables and serve **lemon wedges** alongside. Enjoy!