

DINNERLY



Oven-Baked Tilapia & Roasted Broccoli with Lemon-Caper Tartar Sauce



40min



2 Servings

Ah, the smell of saltwater in the air, waves crashing on the shore, and a seagull snatching your french fry right out of your hand. There's a lot of great things about the beach (and some not-so-great), but if you can't make the road trip right now, at least you can enjoy those seaside flavors. We took a cue from our friends across the pond to give you the ultimate fish n' chips experience. We've got you covered!

WHAT WE SEND

- 1 oz capers
- 1 lemon
- ½ lb broccoli
- 1 oz panko ¹
- 10 oz pkg tilapia ²
- 2 oz mayonnaise ^{3,4}

WHAT YOU NEED

- garlic
- neutral oil
- kosher salt & ground pepper

TOOLS

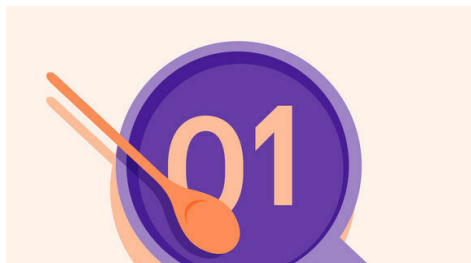
- grater or microplane
- rimmed baking sheet
- small skillet

ALLERGENS

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

NUTRITION PER SERVING

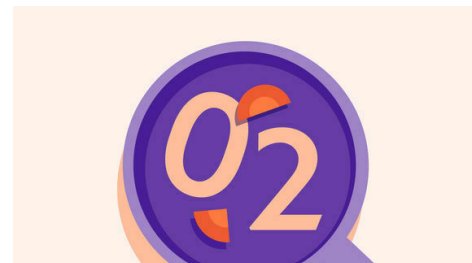
Calories 590kcal, Fat 46g, Carbs 18g, Protein 33g



1. Prep ingredients

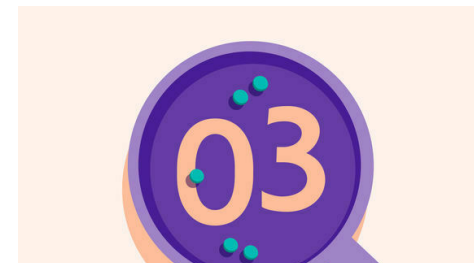
Preheat oven to 425°F with a rack in the lower third.

Finely chop **1 teaspoon garlic**. Finely chop **capers**. Finely grate zest from **lemon** and cut into wedges for serving.



2. BROCCOLI VARIATION

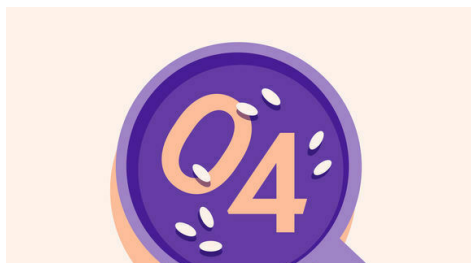
Cut **broccoli** into florets, if necessary. Toss on a rimmed baking sheet with **1 tablespoon oil** and a **pinch each of salt and pepper**. Roast on lower oven rack until tender and browned in spots, about 10 minutes.



3. Make sauce, toast panko

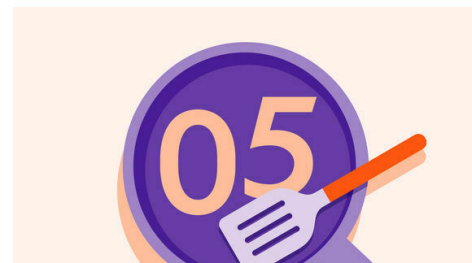
In a small bowl, stir to combine **mayo**, **chopped garlic and capers**, and **lemon zest**. Season to taste with **salt and pepper**; set aside until ready to serve.

In a small skillet, stir to combine **1 tablespoon oil** with **panko**. Toast over medium-high heat until golden (watch closely as it will burn easily), 2–3 minutes. Transfer to a bowl and let cool.



4. Bread fish

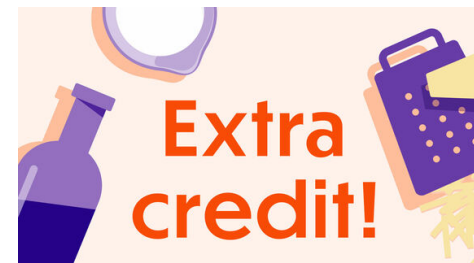
Pat **fish** dry and season all over with **salt and pepper**. Spoon **2 teaspoons of the tartar sauce** onto one side of each filet. Sprinkle **toasted panko** on top and press to adhere.



5. Bake & serve

Flip **broccoli** and push to one side of baking sheet. Place **fish** on open side; bake until fish is cooked through, and broccoli is golden-brown in spots, about 10 minutes.

Serve **oven-baked tilapia and broccoli** with **remaining tartar sauce** on the side and **lemon wedges** for squeezing over. Enjoy!



6. Check us out!

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