

DINNERLY



Blackened Tilapia with Tomato Rice



30min



2 Servings

Hey Dinnerlyheads, we've got a good one for you. We're giving tilapia, a delicate and flaky white fish, the Cajun treatment. The only thing that could make this blackened fish even better is a side of juicy tomato rice and some garlicky aioli to top it all off. We've got you covered!

WHAT WE SEND

- 2 scallions
- 1 plum tomato
- 2 oz mayonnaise ^{3,6}
- 5 oz jasmine rice
- 10 oz pkg tilapia ⁴
- ¼ oz Cajun seasoning

WHAT YOU NEED

- garlic
- kosher salt & ground pepper
- olive oil

TOOLS

- medium saucepan
- medium nonstick skillet

ALLERGENS

Egg (3), Fish (4), Soy (6). May contain traces of other allergens. Packaged in a facility that packages gluten containing products.

NUTRITION PER SERVING

Calories 730kcal, Fat 37g, Carbs 64g, Protein 34g



1. Prep ingredients

Trim ends from **scallions** and thinly slice, keeping dark greens separate. Finely chop **1 teaspoon garlic**. Cut **tomato** into ½-inch pieces.

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



4. Finish & serve

Fluff **rice** with a fork and stir in **tomatoes**. Season to taste with **salt** and **pepper**.

Serve **blackened tilapia** with **tomato rice** alongside and **aioli** dolloped over top. Garnish with **sliced scallion dark greens**. Enjoy!



2. Cook rice

Heat **2 teaspoons oil** in a medium saucepan over medium-high. Add **scallion whites and light greens**; cook until fragrant, about 1 minute. Add **rice**; cook, stirring, until toasted, 2–3 minutes. Stir in **1¼ cups water** and **½ teaspoon salt**; bring to a boil. Cover, reduce heat to low, and simmer until water is absorbed and rice is tender, about 17 minutes. Cover to keep warm off heat.



5. ...

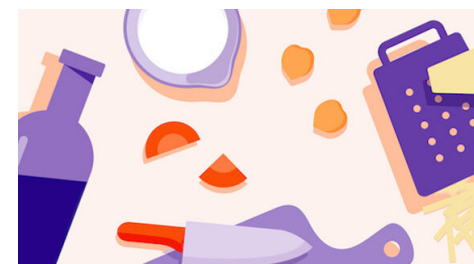
What were you expecting, more steps?



3. Cook fish

Drain **fish**, then pat very dry. Season all over with **Cajun seasoning** (use less depending on heat preference) and **salt**.

Heat **1 tablespoon oil** in a medium nonstick skillet over medium-high. Add fish and cook, until well browned and easily flakes, 2–3 minutes per side. Transfer to a plate.



6. ...

You're not gonna find them here! Kick back, relax, and enjoy your Dinnerly!