

DINNERLY



Sesame Crusted Tilapia & Salad with Lemon-Butter Pan Sauce



20-30min



2 Servings

We dressed up a pan-seared tilapia dinner by adding sesame seeds, which multi-task by adding texture, flavor, and good looks! The lemon butter pan sauce is ready in a flash to coat the tilapia. The arugula and radish salad is refreshing, and the perfect accompaniment to the buttery sauce and tilapia. We've got you covered!

WHAT WE SEND

- 1 lemon
- 1 radish
- 10 oz pkg tilapia ⁴
- ¼ oz pkt toasted sesame seeds ¹¹
- 5 oz arugula

WHAT YOU NEED

- olive oil
- kosher salt & ground pepper
- all-purpose flour (or gluten-free alternative)
- butter ⁷

TOOLS

- meat mallet (or heavy skillet)
- medium skillet

ALLERGENS

Fish (4), Milk (7), Sesame (11). May contain traces of other allergens. Packaged in a facility that packages gluten containing products.

NUTRITION PER SERVING

Calories 360kcal, Fat 25g, Carbs 8g, Protein 31g



1. Prep ingredients

Juice **lemon** into a small bowl. Trim ends from **radish**, then thinly slice.



2. Make dressing

In a medium bowl, combine **1 tablespoon lemon juice** with **1 tablespoon oil**, and season to taste with **salt** and **pepper**.



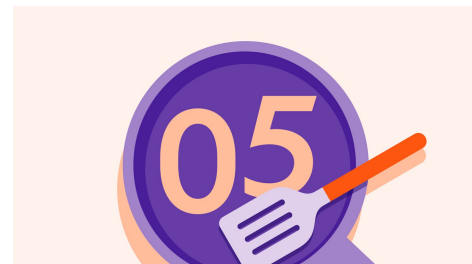
3. Prep tilapia

Rinse **tilapia**, then pat dry. Season tilapia all over with **salt** and **pepper**. Sprinkle **sesame seeds** on top of each filet and press to adhere. Dust top of filets with **1 tablespoon flour** and pat to adhere.



4. Cook tilapia

Heat **1 tablespoon oil** in a medium nonstick skillet over medium-high. Add **fish**, sesame seed side down, and cook until golden brown and cooked through, 2–3 minutes. Flip and cook until cooked through, 2–3 minutes more. Transfer to a plate and reserve skillet.



5. Make sauce & serve

Add **2 tablespoons water** and **1 tablespoon each of butter and lemon juice** to reserved skillet over medium-high. Swirl butter until sauce has slightly reduced, about 1 minute; season to taste with **salt** and **pepper**. Add **radishes** and **arugula** to **dressing**; toss to coat. Top **tilapia** with **sauce** and **a few grinds black pepper** and serve with **salad** alongside. Enjoy!



6. Sip

Serve with a crisp Sauvignon Blanc to highlight the citrus in the sauce, and balance out the buttery nuttiness of the sesame.