

DINNERLY



Chinese Salt & Pepper Tilapia with Steamed Rice & Broccoli



20-30min



2 Servings

A takeout worthy meal that's perfect for any night of the week—what more could you want? Mild, tender tilapia gets a quick shake in cornstarch so that the fish can be oh so crisp when it's lightly fried. Broccoli steams in the microwave, and a final toss of the fried fish with jalapeños and savory steak seasoning packs a ton of flavor. We've got you covered!

WHAT WE SEND

- 5 oz jasmine rice
- 1 jalapeño chile
- 10 oz pkg tilapia ⁴
- 1½ oz cornstarch
- ½ lb broccoli
- ¼ oz steak seasoning

WHAT YOU NEED

- kosher salt & ground pepper
- neutral oil

TOOLS

- small saucepan
- medium skillet
- microwave

ALLERGENS

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

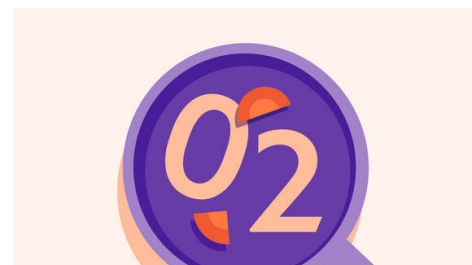
NUTRITION PER SERVING

Calories 740kcal, Fat 28g, Carbs 86g, Protein 36g



1. Cook rice

In a small saucepan, combine **rice**, **1¼ cups water**, and **½ teaspoon salt**; bring to a boil over high heat. Cover and cook over low until rice is tender and water is absorbed, about 17 minutes. Keep covered off heat until ready to serve.

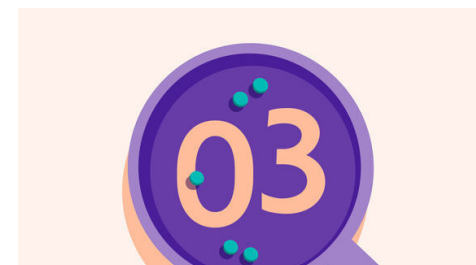


2. Prep ingredients

Thinly slice **jalapeño** (remove seeds if desired).

Pat **fish** dry, then cut into 1-inch pieces; season all over with **salt** and **pepper**.

Transfer **cornstarch** to a large resealable plastic bag. Add fish; close bag and shake well until each piece is evenly coated.



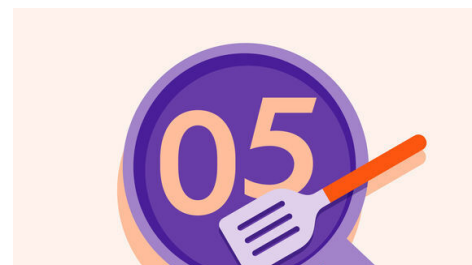
3. Fry fish

Heat **½-inch oil** in a medium skillet over medium-high (oil should register 350°F; a pinch of cornstarch should sizzle immediately). Add **fish** in an even layer. Cook, flipping pieces occasionally, until lightly golden and crisp, 4–7 minutes. Transfer to a paper towel-lined plate. Carefully transfer **oil** to a large heatproof bowl and reserve for step 5.



4. Steam broccoli

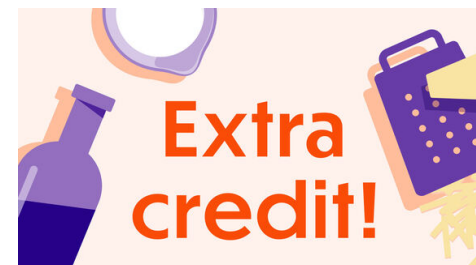
Cut **broccoli** into florets, if necessary. Transfer to a bowl, cover, and microwave until crisp-tender, 2–3 minutes. Season with **salt** and **pepper**.



5. Finish & serve

Add **3 tablespoons reserved oil** to skillet over high heat. Add **jalapeños**; cook until fragrant, 30–60 seconds. Stir in **steak seasoning** and cook until fragrant, about 30 seconds more. Remove from heat; add **fish** and toss to coat.

Serve **salt and pepper fish** with **rice** and **steamed broccoli**. Enjoy!



6. Check us out!

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