

MARLEY SPOON



Easy Prep! Tilapia with Roasted Succotash

& Basil Pesto



30min



2 Servings

Fast, healthy, and full of flavor, this one sheet pan meal is easy from prep to clean up! Fresh tomatoes add bursts of color and acidity to succotash, a Native American dish of corn and beans. Mild tilapia fillets take on a bit of warmth and heat from Cajun seasoning, while basil pesto and a squeeze of fresh lemon add the final bright and zesty notes.

What we send

- ½ lb green beans
- 1 pkg grape tomatoes
- garlic
- 2 scallions
- 5 oz corn
- 10 oz pkg tilapia ¹
- ¼ oz Cajun seasoning
- 1 lemon
- 2 oz basil pesto ²

What you need

- olive oil
- butter ²
- kosher salt & ground pepper

Tools

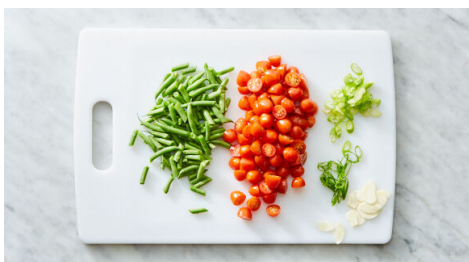
- rimmed baking sheet
- aluminium foil

Allergens

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

Nutrition per serving

Calories 490kcal, Fat 26g, Carbs 35g, Protein 36g



1. Prep oven & ingredients

Preheat oven to 450°F with a rack in the upper third.

Trim stem ends from **green beans**, then cut into 1-inch pieces. Halve **tomatoes**. Thinly slice **1 garlic clove**. Trim **scallions**, then thinly slice, keeping whites and dark greens separate.



4. Add fish & lemon

When **succotash** has finished roasting, remove baking sheet from oven and switch oven to broil. Place **fish** on top of veggies. Arrange **lemon rounds** on top of fish; drizzle with **oil** and season with **salt** and **pepper**.



2. Roast succotash

Line a rimmed baking sheet with foil and add **green beans, tomatoes, sliced garlic, scallion whites, corn, 1 tablespoon each oil and butter, and a generous pinch each of salt and pepper**; toss to combine. Roast on upper oven rack until veggies are almost tender and starting to brown in spots, 15-20 minutes.



5. Broil fish & succotash

Return baking sheet to upper oven rack and broil until **veggies** are charred in spots and **fish** is cooked through, about 5 minutes more (watch closely as broilers vary).



3. Prep fish

Pat **tilapia** dry, then rub all over with **oil** and season with **2 teaspoons Cajun seasoning** and **a pinch each of salt and pepper**. Slice **half of the lemon** into ⅛-inch thin rounds; cut remaining lemon into wedges and reserve for step 6.



6. Finish & serve

Spoon some **pesto** over the **tilapia** and **succotash** and scatter **dark scallion greens** over top. Serve with **remaining pesto** and **reserved lemon wedges**. Enjoy!