

DINNERLY



Lemon Butter Tilapia with Parmesan Roasted Potatoes



30-40min



2 Servings

There's never a dull moment when you have lemon, butter, and garlic working their magic. Here the trio is combining forces in a quick and easy pan sauce that flakey tilapia will soak right up. Even the roasted potatoes are getting extra special treatment with a sprinkle of grated Parm. We've got you covered!

WHAT WE SEND

- 2 potatoes
- ¼ oz fresh parsley
- 1 lemon
- 10 oz pkg tilapia ³
- ¾ oz Parmesan ²

WHAT YOU NEED

- olive oil
- kosher salt & ground pepper
- garlic
- all-purpose flour ¹
- butter ²

TOOLS

- rimmed baking sheet
- microplane or grater
- medium nonstick skillet

ALLERGENS

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

NUTRITION PER SERVING

Calories 720kcal, Fat 45g, Carbs 45g, Protein 38g



1. Roast potatoes

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

Scrub **potatoes**; cut into 1-inch pieces. Toss on a rimmed baking sheet with 2 **tablespoons oil**. Season with **salt** and **pepper**. Roast on lower oven rack until tender and browned, about 25 minutes. Flip and return to oven until well crisped and golden, 5–10 minutes more.



4. Make pan sauce

To same skillet off heat, add **chopped garlic, lemon zest**, and 3 **tablespoons butter**. Stir until butter is melted. Stir in **chopped parsley**.



2. Prep ingredients & fish

While **potatoes** cook, finely grate **Parmesan**, if necessary. Finely chop **parsley leaves and tender stems**, removing any large bits of stem. Finely chop 2 **teaspoons garlic**. Finely grate ½ **teaspoon lemon zest**; cut lemon into wedges.

Pat **fish** very dry; season all over with **salt** and **pepper**. Coat each filet with 2 **teaspoons flour**.



5. Add Parmesan & serve

Remove **potatoes** from oven and toss with **Parmesan** directly on baking sheet. Season to taste with **salt** and **pepper**.

Serve **tilapia** with **roasted Parmesan potatoes** alongside. Spoon **lemon-butter pan sauce** over top and pass **lemon wedges** for squeezing, if desired. Enjoy!



3. Cook fish

After **potatoes** have been flipped, heat 1 **tablespoon oil** in a medium nonstick skillet over medium-high. Add **fish** and cook until golden-brown and cooked through, 2–3 minutes per side. Transfer to a plate.



6. Add more veggies!

If you're feeling extra hungry, roast some broccoli with the potatoes and serve alongside.