DINNERLY



Za'atar Crusted Tilapia

with Couscous Salad





Do you know what za'atar goes well with? Just about everything. This Middle Eastern spice blend is chock full of ingredients that make it a little herby, a little toasty, a little tangy, and very tasty. We paired it with tilapia and a fluffy couscous salad with marinated tomato and cucumber for a low-cal meal that'll leave you feelin' good. We've got you covered!

WHAT WE SEND

- · 3 oz couscous 1
- · 1 lemon
- · 1 plum tomato
- · 1 cucumber
- 10 oz pkg tilapia ⁴
- ¼ oz za'atar spice blend 11

WHAT YOU NEED

- garlic
- · olive oil
- kosher salt & ground pepper

TOOLS

- · small saucepan
- · microplane or grater
- · large nonstick skillet

ALLERGENS

Wheat (1), Fish (4), Sesame (11). May contain traces of other allergens. Packaged in a facility that packages gluten containing products.

NUTRITION PER SERVING

Calories 650kcal, Fat 39g, Carbs 43g, Protein 35g



1. Cook couscous

Finely chop 2 teaspoons garlic. Heat 1 tablespoon oil in a small saucepan over medium. Add half of the chopped garlic and cook until fragrant, 1 minute. Add ½ cup water and a pinch of salt; cover and bring to a boil over high heat. Stir in couscous, cover, and remove saucepan from heat; set aside for step 5.



2. Prep salad

Meanwhile, finely grate ½ teaspoon lemon zest and squeeze 1 tablespoon lemon juice into a large bowl; cut any remaining lemon into wedges.

Cut **tomato** and **cucumber** into ¼-inch pieces.



3. Marinate veggies

To bowl with lemon juice and zest, add remaining chopped garlic and 3 tablespoons oil; season to taste with salt and pepper.

Add **tomatoes** and **cucumbers** and set aside to marinate.



4. Cook tilapia

Pat fish dry, then season all over with salt and za'atar. Heat 1 tablespoon oil in a large nonstick skillet over medium-high. Add fish and cook until well browned and easily flakes, about 3 minutes per side.



5. Finish salad & serve

Fluff couscous with a fork and add to bowl with tomatoes and cucumbers; toss to combine and season to taste with salt and pepper.

Serve za'atar crusted tilapia with couscous salad alongside and lemon wedges for squeezing over top. Enjoy!



6. Make it your own!

Top off your fish with a drizzle of balsamic vinegar or a pinch of red pepper flakes for an added pop of flavor!