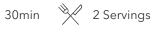
MARLEY SPOON



Tilapia with Green Chile Rice

& Avocado Crema





Enjoy your fish and veggies in a jiff with this simple sheet pan supper! We coat tilapia filets in Tex-Mex spices and broil the delicate white fish along with sweet peppers and onions. Green chiles flavor steamy jasmine rice before we toss in fresh cilantro. A tangy avocado crema is the ultimate condiment for this fresh and light supper that's as easy to make as it is to enjoy.

What we send

- 1 yellow onion
- 1 bell pepper
- 5 oz jasmine rice
- 4 oz can chopped green chiles
- 10 oz pkg tilapia ¹
- 1/4 oz Tex-Mex spice blend
- 1 lime
- 2 (2 oz) guacamole
- 1 oz sour cream ²
- 1/4 oz fresh cilantro

What you need

- neutral oil
- kosher salt & ground pepper

Tools

- small saucepan
- rimmed baking sheet
- microplane or grater

Cooking tip

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Allergens

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

Nutrition per serving

Calories 650kcal, Fat 17g, Carbs 84g, Protein 37g



1. Prep peppers & onions

Preheat broiler with a rack in the upper third.

Halve **pepper**, discard stem and seeds, then slice into ½-inch pieces. Halve **onion** through the root end and slice into ½-inch pieces; finely chop half of the onion slices.



2. Make green chile rice

Heat **2 teaspoons oil** in a small saucepan over medium-high. Add **finely chopped onion** and **a pinch of salt**; cook, stirring, until softened, 3-4 minutes. Add **rice**; cook, stirring, until rice is toasted, 1-2 minutes. Add **chopped green chiles** and **1 cup water**; bring to a simmer. Cover, reduce heat to low, and simmer until liquid is absorbed, about 17 minutes. Keep covered.



3. Broil veggies

On a rimmed baking sheet, toss **sliced onions** and **peppers** with **a drizzle of oil**; season with **salt** and **pepper**. Broil on upper rack until beginning to soften and char in spots, 5-6 minutes.



4. Broil tilapia

Pat **tilapia** dry and season all over with **Tex-Mex spice** and **a generous pinch each of salt and pepper**.

When **peppers and onions** have broiled 5-6 minutes, remove baking sheet from oven. Place **tilapia** over veggies; drizzle with **oil**. Return to upper rack and broil until veggies are tender and charred in spots and fish is cooked through, 6-8 minutes.



5. Make avocado crema

Meanwhile, finely grate ½ teaspoon lime zest, then squeeze 1 tablespoon lime juice into a small bowl; cut remaining lime into wedges. To bowl with lime juice, add all of the guacamole, sour cream, and 1 tablespoon water; season to taste with salt and pepper.

Tear **cilantro leaves** from stems; discard stems. Finely chop half of the leaves.



6. Finish & serve

Add lime zest, juice from 1 lime wedge, and chopped cilantro leaves to green chili rice: fluff with a fork to combine.

Serve green chili rice in bowls with broiled veggies and tilapia. Drizzle with avocado crema and sprinkle on remaining cilantro leaves. Serve with any remaining lime wedges for squeezing over top. Enjoy!