

DINNERLY



Sheet Pan Paprika-Spiced Tilapia with Roasted Broccoli & Lemon Aioli



ca. 20min



2 Servings

You might find yourself tempted to eat this fish straight off the sheet pan, just try not to burn your tongue! Broccoli, onion, and lemon wedges broil together til they're nice and charred, while tilapia gets the paprika treatment for subtle smoky flavor. And yes, you CAN make your own aioli—we'll show you just how easy it is. We've got you covered!

WHAT WE SEND

- 1 yellow onion
- ½ lb broccoli
- 1 lemon
- 10 oz pkg tilapia ²
- 1 oz mayonnaise ^{1,3}
- ¼ oz smoked paprika

WHAT YOU NEED

- olive oil
- kosher salt & ground pepper

TOOLS

- microplane or grater
- rimmed baking sheet

ALLERGENS

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

NUTRITION PER SERVING

Calories 430kcal, Fat 28g, Carbs 17g, Protein 33g



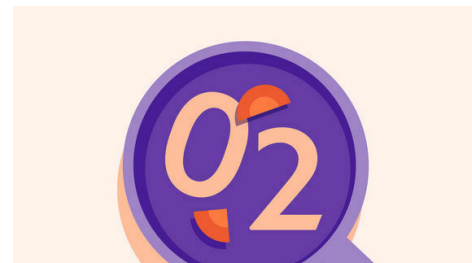
1. Prep ingredients

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

Halve **onion** and cut into ½-inch thick wedges.

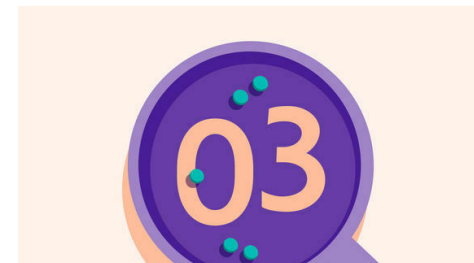
Cut **broccoli** into ½-inch pieces, if necessary.

Grate ½ **teaspoon lemon zest** into a small bowl; cut **lemon** into wedges.



2. Cook veggies

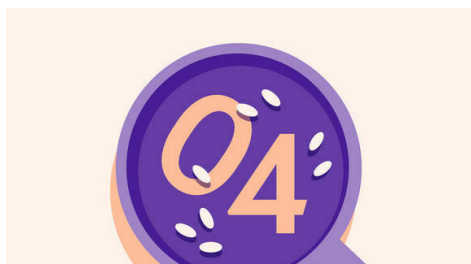
Toss **broccoli**, **lemon wedges**, and **onions** on a rimmed baking sheet with **2 tablespoons oil** and a **pinch each of salt and pepper**. Bake on center oven rack until veggies are tender and just starting to brown, about 15 minutes.



3. Prep fish & make aioli

While **veggies** cook, pat **fish** dry. Drizzle each filet with **oil** and season with **salt, pepper**, and about **1 teaspoon paprika**.

To bowl with **lemon zest**, add **mayo**, **1½ teaspoons water**, and a **pinch each of salt and pepper**. Stir to combine; set aside until ready to serve.



4. Cook fish & serve

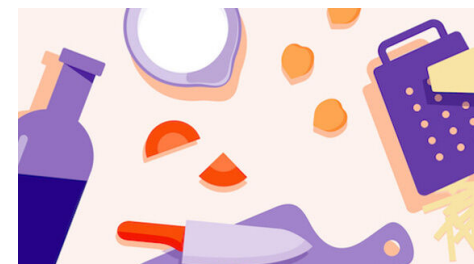
Flip **veggies** and push to one side of baking sheet; add **fish** to open side. Return to center oven rack and cook until fish is cooked through, 5–7 minutes more.

Serve **paprika-spiced tilapia** with **lemon aioli** drizzled over top and with **roasted veggies and lemon wedges** alongside. Enjoy!



5. ...

What were you expecting, more steps?



6. ...

You're not gonna find them here! Kick back, relax, and enjoy your Dinnerly!