MARLEY SPOON



Coconut Turmeric Tilapia

with Blistered Tomatoes & Rice

🔿 ca. 20min 🔌 2 Servings

When it comes to quick-to-make meals, fish is our go-to protein. We build a creamy coconut-based broth with aromatic garlic and ginger, tomatoes, and ground turmeric for a warming earthiness and vibrant yellow hue. Tilapia fillets quickly simmer in the rich broth infusing the fish with a ton of flavor. Fluffy rice is the perfect side for soaking up the rich broth–you won't want to waste a drop!

What we send

- 5 oz jasmine rice
- 2 plum tomatoes
- garlic
- 1 piece fresh ginger
- 2 (¾ oz) coconut milk powder ^{2,3}
- ¹/₄ oz turmeric
- 10 oz pkg tilapia ¹
- ¹/₄ oz fresh cilantro
- 1 lime

What you need

- kosher salt & ground pepper
- neutral oil
- sugar

Tools

- small saucepan
- medium nonstick skillet
- microplane or grater

Cooking tip

For step 3, if you don't have a microplane or grater, finely chop 2 teaspoons each of garlic and peeled ginger.

Allergens

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

Nutrition per serving

Calories 560kcal, Fat 15g, Carbs 69g, Protein 37g



1. Cook rice & prep

In a small saucepan, combine rice, 11/4 cups water, and 1/2 teaspoon salt Bring to a boil. Cover and cook over low until rice is tender and liquid is absorbed, about 17 minutes. Fluff **rice** with a fork: keep covered until ready to serve.

Coarsely chop cilantro leaves and stems. Cut lime into wedges.



4. Start broth

Heat **1 teaspoon oil** in reserved skillet over medium-high. Add grated ginger and garlic and cook, stirring, until fragrant, about 30 seconds. Add **coconut** milk-turmeric mixture and bring to a simmer. Season to taste with salt and pepper.



2. Blister tomatoes

Cut tomatoes into 1-inch pieces. Heat 2 teaspoons oil in a medium nonstick skillet over medium-high. Add tomatoes and cook, shaking skillet occasionally, until browned and blistered, 3-5 minutes.

Transfer tomatoes to a bowl. Wipe out skillet and reserve for step 4.

Carefully add tilapia to skillet,

on the side for squeezing over.

minutes.

submerging the fillets in **broth** (spoon

broth over fish, if necessary to cover).

Return **tomatoes** to skillet: cover and cook until tilapia is cooked through, 2-4

Serve rice topped with tilapia, tomatoes, and coconut-turmeric broth. Garnish with **cilantro** and serve with **lime wedges**



3. Prep ingredients

Meanwhile, finely grate 1 teaspoon each of garlic and ginger.

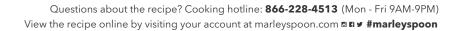
In a liquid measuring cup, whisk to combine all of the coconut milk powder, ²/₃ cup hot tap water, 1 teaspoon turmeric, and ¹/₄ teaspoon sugar.

Pat tilapia dry and season all over with salt and pepper.



6. Serve

Enjoy!



5. Cook tilapia & finish