

DINNERLY



Za'atar Crusted Tilapia with Cauliflower Rice Salad



under 20min



2 Servings

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 cauliflower rice 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

- 12 oz cauliflower rice
- 1 lemon
- 1 plum tomato
- 1 cucumber
- 10 oz pkg tilapia¹
- ¼ oz za'atar spice blend²

WHAT YOU NEED

- garlic
- olive oil
- kosher salt & ground pepper

TOOLS

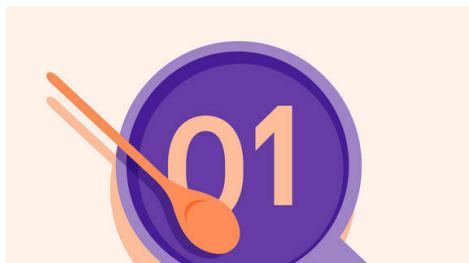
- microplane or grater
- large nonstick skillet

ALLERGENS

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

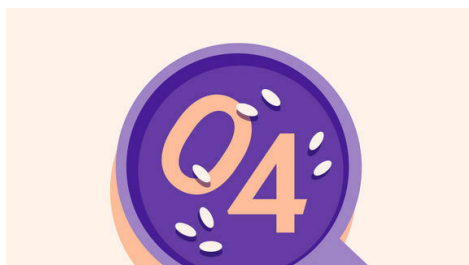
NUTRITION PER SERVING

Calories 530kcal, Fat 39g, Carbs 18g, Protein 34g



1. CAULI RICE VARIATION

Finely chop **2 teaspoons garlic**. Heat **1 tablespoon oil** in a large nonstick skillet over medium. Add **half of the chopped garlic** and cook until fragrant, 1 minute. Increase heat to high, add **cauliflower rice** and cook, stirring, until crisp-tender, about 5 minutes. Season with **salt** and **pepper**. Transfer to a bowl; cover and set aside for step 5. Wipe out skillet.



4. Cook tilapia

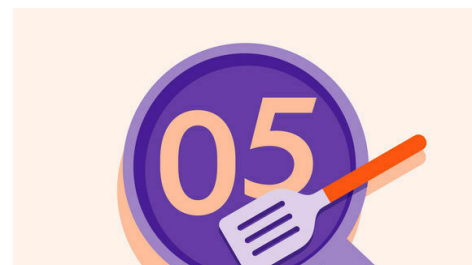
Pat **fish** dry, then season all over with **salt** and **za'atar**. Heat **1 tablespoon oil** in reserved skillet over medium-high. Add fish and cook until well browned and easily flakes, about 3 minutes per side.



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.

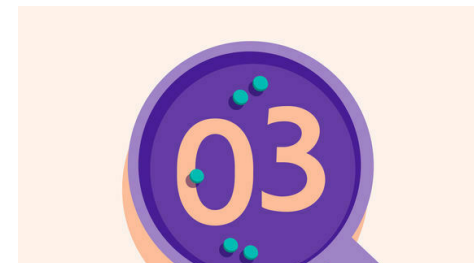
Cut **tomato** and **cucumber** into ¼-inch pieces.



5. Finish salad & serve

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

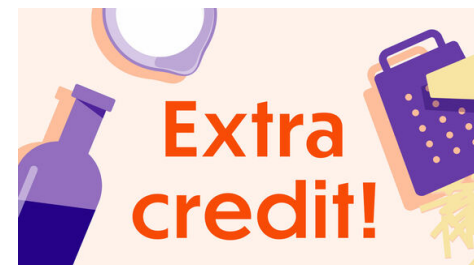
Serve **za'atar crusted tilapia** with **cauliflower rice salad** alongside and **lemon wedges** for squeezing over top. Enjoy!



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.



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!