

DINNERLY



Lemon Butter Tilapia with Parmesan Roasted Potatoes



30-40min



2 Servings

There's never a dull moment when you have lemon, butter, and garlic working their magic. Here the trio is combining forces in a quick and easy pan sauce that flakey tilapia will soak right up. Even the roasted potatoes are getting extra special treatment with a sprinkle of grated Parm. We've got you covered!

WHAT WE SEND

- 2 potatoes
- ¼ oz fresh parsley
- 1 lemon
- 8 oz pkg salmon filets ¹
- ¾ oz Parmesan ²

WHAT YOU NEED

- olive oil
- kosher salt & ground pepper
- garlic
- all-purpose flour ³
- butter ²

TOOLS

- rimmed baking sheet
- microplane or grater
- medium nonstick skillet

ALLERGENS

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

NUTRITION PER SERVING

Calories 720kcal, Fat 45g, Carbs 45g, Protein 38g



1. Roast potatoes

Preheat oven to 425°F with a rack in the lower third.

Scrub **potatoes**; cut into 1-inch pieces. Toss on a rimmed baking sheet with 2 **tablespoons oil**. Season with **salt** and **pepper**. Roast on lower oven rack until tender and browned, about 25 minutes. Flip and return to oven until well crisped and golden, 5–10 minutes more.



2. Prep ingredients & fish

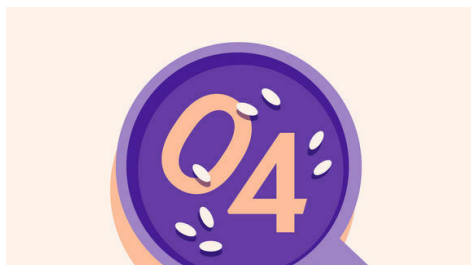
While **potatoes** cook, finely grate **Parmesan**, if necessary. Finely chop **parsley leaves and tender stems**, removing any large bits of stem. Finely chop 2 **teaspoons garlic**. Finely grate ½ **teaspoon lemon zest**; cut lemon into wedges.

Pat **fish** very dry; season all over with **salt** and **pepper**. Coat each filet with 2 **teaspoons flour**.



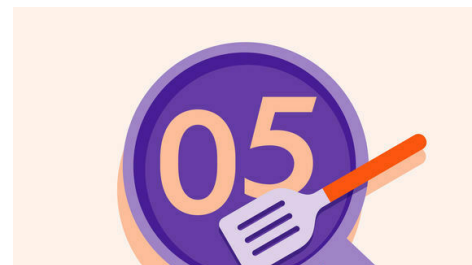
3. Cook fish

After **potatoes** have been flipped, heat 1 **tablespoon oil** in a medium nonstick skillet over medium-high. Add **fish** and cook until golden-brown and cooked through, 2–3 minutes per side. Transfer to a plate.



4. Make pan sauce

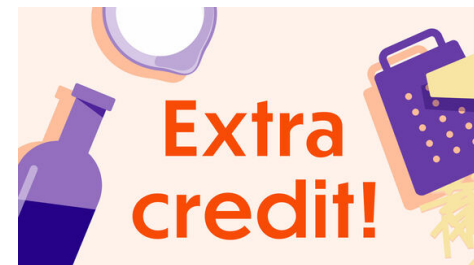
To same skillet off heat, add **chopped garlic, lemon zest**, and 3 **tablespoons butter**. Stir until butter is melted. Stir in **chopped parsley**.



5. Add Parmesan & serve

Remove **potatoes** from oven and toss with **Parmesan** directly on baking sheet. Season to taste with **salt** and **pepper**.

Serve **tilapia** with **roasted Parmesan potatoes** alongside. Spoon **lemon-butter pan sauce** over top and pass **lemon wedges** for squeezing, if desired. Enjoy!



6. Add more veggies!

If you're feeling extra hungry, roast some broccoli with the potatoes and serve alongside.