

DINNERLY



Garlic-Butter Tilapia with Roasted Broccoli

 20-30min  2 Servings

Turns out you CAN have the best of both worlds, at least when it's time to eat. This uber-healthy meal checks all the nutritional boxes, but does it skimp on flavor? We wouldn't even dream of it. Garlic, butter, and lemon is all you need to turn this succulent tilapia and oven-roasted broccoli into a guilt-free party in your mouth. We've got you covered!

WHAT WE SEND

- garlic
- ½ lb broccoli
- 1 lemon
- 10 oz tilapia ⁴
- dried oregano

WHAT YOU NEED

- butter ⁷
- kosher salt & ground pepper
- olive oil

TOOLS

- medium ovenproof skillet
- rimmed baking sheet

ALLERGENS

Fish (4), Milk (7). May contain traces of other allergens. Packaged in a facility that packages gluten containing products.

NUTRITION PER SERVING

Calories 310kcal, Fat 19g, Carbs 9g, Proteins 33g



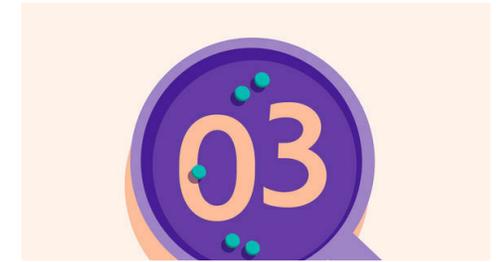
1. Prep ingredients

Preheat oven to 450°F with racks in the upper and lower thirds. Finely chop **1 teaspoon garlic**. Cut **broccoli** into 1-inch florets. Cut **half of the lemon** into thin slices. Cut **1½ tablespoons butter** into small pieces.



2. Prep tilapia

Pat **tilapia** dry; season all over with **salt** and **pepper**. Transfer to a medium ovenproof skillet. Arrange **lemon slices** over fish, then scatter **butter** evenly over top. Sprinkle with **chopped garlic** and a **generous pinch of oregano**. Carefully add **3 tablespoons water** to skillet (do not pour over fish!).



3. Prep broccoli

On a rimmed baking sheet, toss **broccoli** with **1 tablespoon oil**; season with **salt** and **pepper**.



4. Bake tilapia & broccoli

Bake **broccoli** on bottom oven rack until tender and browned in spots, 7–8 minutes. Bake **tilapia** on upper oven rack until **lemon slices** are lightly browned around edges and fish is cooked through, 10–12 minutes.



5. Serve

Serve **tilapia** with **broccoli** alongside. Spoon **pan juices** over fish. Cut **remaining lemon** into wedges for squeezing over, if desired. Enjoy!



6. Add a carb

We made this a low carb meal on purpose, but feel free to add a side of crusty bread or roasted potatoes for soaking up any extra pan juices.