

# DINNERLY



## SIMPLY JULIA'S Mustardy Cracker Crumb Fish

with Roasted Broccoli



30-40min



2 Servings

Award-winning cookbook author Julia Turshen believes cooking nutritious comfort food at home should be fun and easy. We couldn't agree more! So we're bringing recipes from her latest book, *Simply Julia*, to your Dinner(ly) plate. Her Mustardy Cracker Crumb Fish is taking us to the shore—brush tilapia fillets with a tangy Dijon mustard sauce, then coat it with crispy cracker crumbs. We've got you covered (and so does Julia)!



## WHAT WE SEND

- 2 (½ oz) pkgs oyster crackers <sup>1,6,7</sup>
- garlic
- ½ lb broccoli
- lemon
- 1 pkt Dijon mustard <sup>17</sup>
- ¼ oz pkt seafood seasoning
- 10 oz tilapia <sup>4</sup>

## WHAT YOU NEED

- 4 Tbsp butter <sup>7</sup>
- neutral oil
- kosher salt & ground pepper

## TOOLS

- rolling pin or heavy skillet
- microwave
- rimmed baking sheet

## COOKING TIP

If you don't have a microwave, melt the butter in a saucepan on the stovetop instead.

## ALLERGENS

Wheat (1), Fish (4), Soy (6), Milk (7), Sulphites (17). May contain traces of other allergens. Packaged in a facility that packages gluten containing products.

## NUTRITION PER SERVING

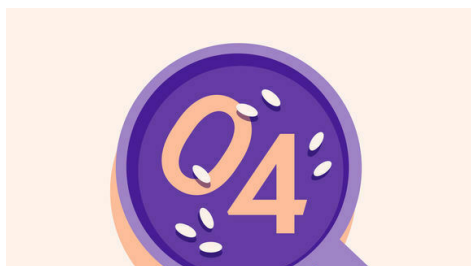
Calories 580kcal, Fat 42g, Carbs 20g, Proteins 34g



### 1. Prep ingredients

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

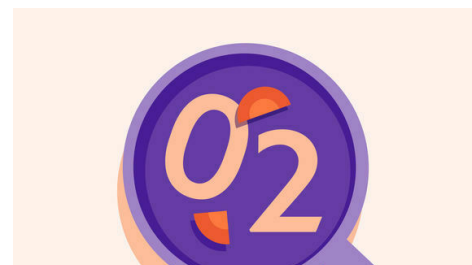
Place **all of the crackers** in a plastic bag; crush using a rolling pin or heavy skillet until crumbs are fine. Finely chop 1 **teaspoon garlic**. Cut **broccoli** into 1-inch florets. Microwave 1 **tablespoon butter** in a microwave-safe bowl until melted, about 30 seconds.



### 4. Prep broccoli & fish

Toss **broccoli** on reserved baking sheet with **remaining chopped garlic**, 2 **tablespoons oil**, and a **pinch each of salt and pepper**; push to one side of baking sheet.

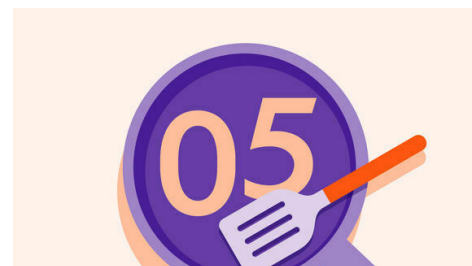
Pat **fish** dry. Grease other half of baking sheet, then place fish on the sheet. Lightly drizzle fish with **oil**; brush **mustard mixture** all over. Spoon **cracker crumbs** over top and lightly press to adhere.



### 2. Toast cracker crumbs

Transfer **cracker crumbs** to a rimmed baking sheet; add **melted butter** and toss to combine. Cook on center oven rack until golden-brown, 4–6 minutes.

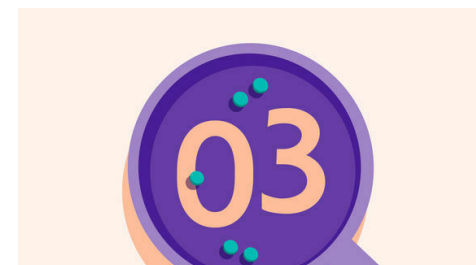
Melt 1 **more tablespoon butter** in microwave, about 30 seconds. Once cracker crumbs are toasted, transfer to bowl with melted butter and stir to combine; reserve baking sheet for step 4.



### 5. Finish & serve

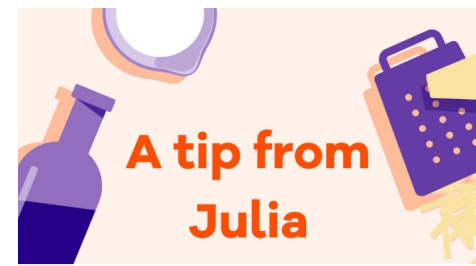
Bake **broccoli** and **fish** on center oven rack until broccoli is tender and fish is cooked through, 10–15 minutes.

Serve **Simply Julia's Mustardy Cracker Crumb Fish** with **roasted broccoli** alongside and **lemon wedges** for squeezing over top. Enjoy!



### 3. Make mustard mixture

Meanwhile, grate 1 **teaspoon lemon zest** into a small bowl; cut **lemon** into wedges. To same bowl, add **Dijon mustard**, **chopped garlic**, ½ **teaspoon seafood seasoning**, and 1 **tablespoon oil**; stir to combine.



### 6. Bring on the tartar!

This fish is even better with tartar sauce on the side for dipping. For a quick homemade version, finely chop a pickle and a spoonful of capers. Mix them with some mayo, a little lemon juice, and lots of freshly ground black pepper.