



## 20-Min: 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 oz fresh ginger
- 2 (¾ oz) coconut milk powder <sup>7,15</sup>
- ¼ oz turmeric
- 10 oz pkg tilapia <sup>4</sup>
- ¼ 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 (4), Milk (7), Tree Nuts (15). May contain traces of other allergens. Packaged in a facility that packages gluten containing products.

## Nutrition per serving

Calories 570kcal, Fat 15g, Carbs 74g, Proteins 38g



### 1. Cook rice

In a small saucepan, combine **rice**, **1¼ cups water**, and **½ teaspoon salt**. Bring to a boil. Cover and cook over low until rice is tender and liquid is absorbed, about 17 minutes. Keep covered until ready to serve.



### 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.



### 5. Cook tilapia

Carefully add **tilapia** to skillet, 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 minutes.



### 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**, **⅔ cup hot tap water**, **1 teaspoon turmeric**, and **¼ teaspoon sugar**. Pat **tilapia** dry and season all over with **salt and pepper**.



### 6. Finish & serve

Coarsely chop **cilantro leaves and stems**. Cut **lime** into wedges. Fluff **rice** with a fork. Serve **rice** topped with **tilapia, tomatoes, and coconut-turmeric broth**. Garnish with **cilantro** and serve with **lime wedges** on the side for squeezing over. Enjoy!