

# DINNERLY



## Lemon-Butter Tilapia with Mash & Spinach:

Developed by Our Registered Dietitian



20-30min



2 Servings

Dinnerly's resident dietitian is bringing you meals that are both ultra-satisfying and super nourishing. Nothing beats tilapia in a rich lemon butter sauce, so the fact that it's a great source of essential fatty acids is just the cherry on top. Plus, combining a plant rich in iron, like cooked spinach, with something that offers vitamin C, like lemon juice, helps your body absorb all those nutrients! We've got you covered!



## WHAT WE SEND

- 2 russet potatoes
- 10 oz pkg tilapia <sup>4</sup>
- ¼ oz paprika
- 1 lemon
- 3 oz baby spinach
- 1 oz sour cream <sup>7</sup>

## WHAT YOU NEED

- kosher salt & ground pepper
- 5 Tbsp butter <sup>7</sup>
- olive oil
- garlic

## TOOLS

- medium saucepan
- microwave
- microplane or grater
- medium (1½ quart) baking dish

## COOKING TIP

If you don't have a microwave for step 4, sauté the spinach in a medium skillet over medium heat until wilted.

## ALLERGENS

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

## NUTRITION PER SERVING

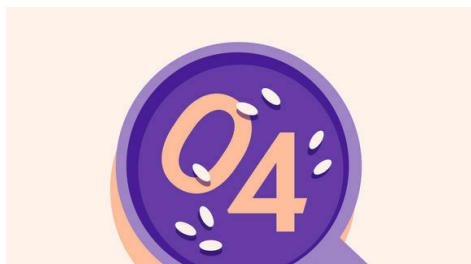
Calories 650kcal, Fat 37g, Carbs 46g, Proteins 35g



### 1. Boil potatoes

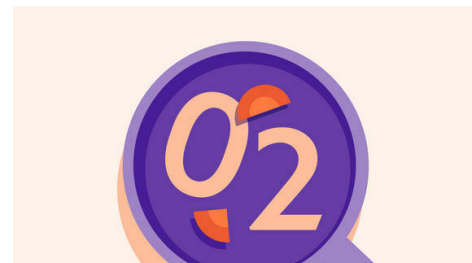
Preheat oven to 425°F with a rack in the center.

Peel **potatoes**, then cut into 1-inch pieces. Place in a medium saucepan with enough **salted water** to cover by 1 inch. Cover and bring to a boil over high heat. Uncover; cook until easily pierced with a fork, about 8 minutes. Reserve **½ cup cooking water**, then drain potatoes and return to saucepan off heat; cover and set aside for step 5.



### 4. Cook spinach

In a medium microwave-safe bowl, combine **spinach**, **remaining chopped garlic**, and **1 teaspoon oil**. Cover with plastic wrap or a damp paper towel and microwave on high until wilted, 1–2 minutes. Stir to combine and season to taste with **salt** and **pepper**.

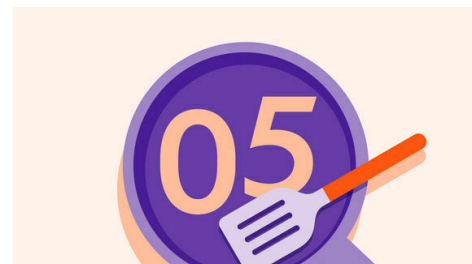


### 2. Make lemon-butter sauce

Finely chop **1½ teaspoons garlic**.

In a small microwave-safe bowl, microwave **4 tablespoons butter** until melted. Into same bowl, finely grate zest from **lemon** and squeeze **2 teaspoons juice**. Stir in **half of the chopped garlic**; season with **salt** and **pepper**.

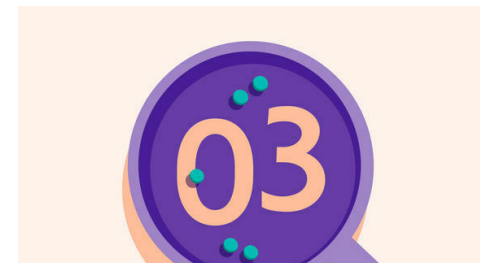
Slice remaining lemon into thin rounds.



### 5. Mash potatoes & serve

Heat saucepan with **potatoes** over medium. Cook, stirring, until dry and breaking apart, 1–2 minutes. Remove from heat; add **sour cream**, **reserved cooking water**, and **1 tablespoon butter**. Mash with a potato masher or fork until smooth; season to taste with **salt** and **pepper**.

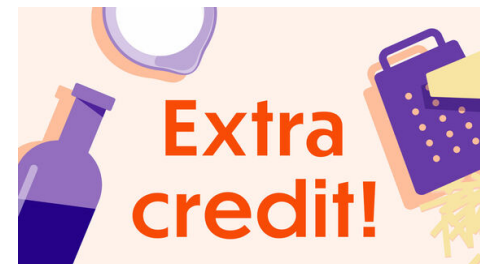
Serve **tilapia** over **mashed potatoes** and **spinach** with **remaining sauce** spooned over top. Enjoy!



### 3. Bake fish

Pat **tilapia** dry and season all over with **1 teaspoon paprika** and a **pinch each of salt and pepper**. Transfer to a medium baking dish. Drizzle with **some of the lemon-butter sauce**; arrange **lemon slices** over top.

Bake on center oven rack until fish is cooked through and easily flakes with a fork, about 10–12 minutes.



### 6. Did you know?

Research shows that about ⅓ of the food in US grocery stores is thrown out. Here at Dinnerly, we only buy what we need, when we need it, which is why <1% of our food goes to waste. On top of that, we're committed to cutting our food loss and waste by another 50% by 2030.