DINNERLY

Easy Clean Up! Low-Carb Tilapia Foil Packets

with Zucchini, Tomatoes & Corn

30min 2 Servings

Would you believe us if we told you that all you need to make this recipe is a knife, a cutting board, and some foil or parchment paper? And that it's low-carb, low-cal, and super nutritious? Oh, and did we mention how tasty it is? No, you're not dreaming. We've got you covered!

WHAT WE SEND

- 1 zucchini
- 1 plum tomato
- 10 oz pkg tilapia [4]
- ¼ oz taco seasoning
- 5 oz corn
- 1 lime

WHAT YOU NEED

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

TOOLS

- 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 330kcal, Fat 15g, Carbs 22g, Protein 32g

1. Prep veggies & fish

Preheat oven to 450°F with a rack in the center.

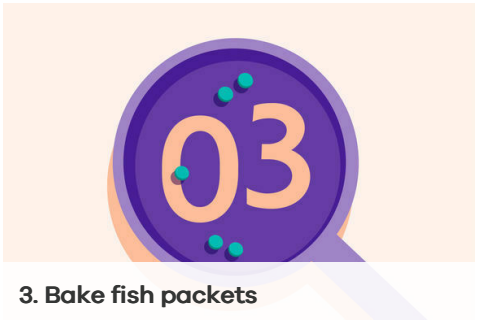
Trim ends from **zucchini** and cut into ¼-inch rounds. Trim ends from **tomato**, then thinly slice.

Rub **fish** with **a drizzle of oil**, then season all over with **taco seasoning** and **salt**.

2. Assemble foil packets

Cut 2 pieces of foil or parchment into 12x20-inch rectangles.

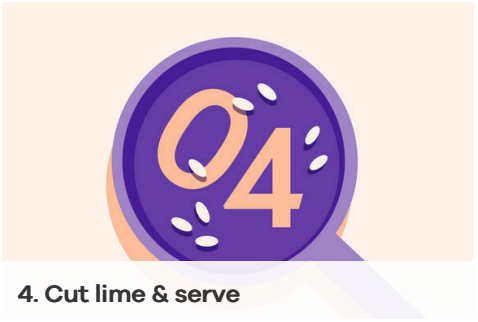
Divide **zucchini, tomatoes**, and **corn** between foil or parchment sheets, placing in the center; season with **salt** and **pepper**. Top each pile with **1 tablespoon butter**.



3. Bake fish packets

Place **fish** over **veggies**. Fold sides of foil or parchment over the top and pinch edges to seal.

Place packets on a rimmed baking sheet; roast on center oven rack until fish is just cooked through and veggies are tender, about 15 minutes. Let packets sit 5 minutes before opening.



4. Cut lime & serve

While **packets** bake, cut **lime** into wedges. Once done cooking, carefully open packets and drizzle **fish** with **oil**.

Serve **baked tilapia and summer veggies** with **lime wedges** alongside for squeezing over top. Enjoy!

5. ...

What were you expecting, more steps?

6. ...

Nope, you're not gonna find them here! Kick back, relax, and enjoy your Dinnerly!