

# DINNERLY



## Almond-Crusted Tilapia with Sweet Potatoes

& Brown Butter Sauce



30-40min



2 Servings

Almonds, tilapia, potatoes, and more, you've probably tried them all separately before. But pair them together with some za'atar spice, and you'll want to remake this, at least once, maybe twice! We've got you covered!

## WHAT WE SEND

- 2 sweet potatoes
- 10 oz pkg tilapia <sup>4</sup>
- 1 oz salted almonds <sup>5</sup>
- 1 lemon
- 1 oz panko <sup>1</sup>
- ¼ oz za'atar spice blend <sup>6</sup>

## WHAT YOU NEED

- olive oil
- kosher salt & ground pepper
- ¼ cup all-purpose flour <sup>1</sup>
- 1 large egg <sup>2</sup>
- 6 Tbsp butter <sup>3</sup>
- garlic

## TOOLS

- rimmed baking sheet
- microplane or grater
- medium nonstick skillet

## ALLERGENS

Wheat (1), Egg (2), Milk (3), Fish (4), Tree Nuts (5), Sesame (6). May contain traces of other allergens. Packaged in a facility that packages gluten containing products.

## NUTRITION PER SERVING

Calories 1040kcal, Fat 63g, Carbs 83g, Protein 43g



### 1. Roast potatoes

Preheat oven to 425°F with a rack in the lower third. Scrub **potatoes**; cut into ¼-inch thick fries. Toss on a rimmed baking sheet with **1 tablespoon oil**; season with **salt** and **pepper**. Roast on lower oven rack until golden brown underneath, 12–15 minutes.

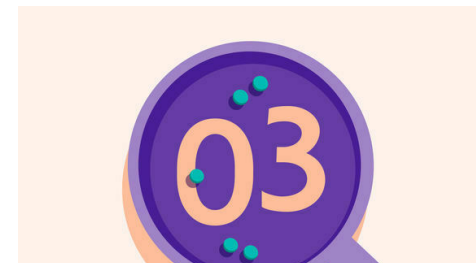
Pat **tilapia** dry. Season all over with **salt** and **pepper**. Finely chop **almonds**.



### 2. Crust tilapia

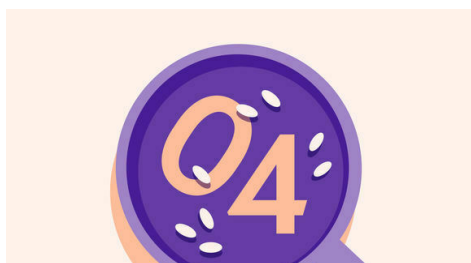
Into a shallow bowl, finely grate **1 teaspoon lemon zest**. Add **panko**, **almonds**, **1 tablespoon za'atar**, and **¼ teaspoon salt**; stir to combine. Place **¼ cup flour** on a plate. In a second shallow bowl, beat **1 large egg**.

Coat **tilapia** in flour, then dip into egg, letting excess drip back into bowl. Press into **panko-almond mixture**, turning to coat and pressing to help adhere.



### 3. Cook tilapia

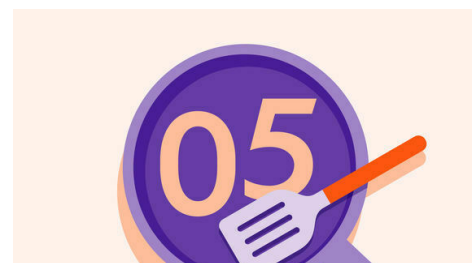
In a medium nonstick skillet, melt **3 tablespoons butter** over medium-high heat until foaming. Add **tilapia**, reduce heat to medium, and cook until golden brown on the bottom, 4–5 minutes. Carefully flip with a spatula and cook until cooked through, 1–2 minutes more. Transfer to a plate; wipe out skillet.



### 4. Make brown butter sauce

Crush **2 large garlic cloves**. Squeeze **1 teaspoon lemon juice**.

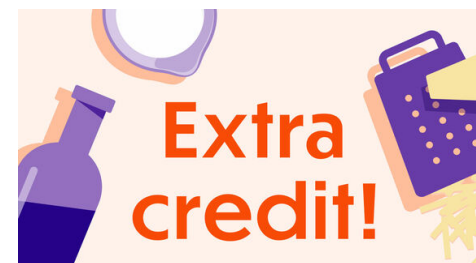
In same skillet, melt **3 tablespoons butter** over medium-high heat; add crushed garlic cloves. Cook, swirling skillet, until garlic is golden and butter is browned and smells nutty, 2–4 minutes (careful, burns easily). Remove from heat, then stir in lemon juice; lightly season with **salt** and **pepper**.



### 5. Finish & serve

Toss **potatoes** on baking sheet with **remaining za'atar**. Cut **remaining lemon** into wedges.

Serve **almond-crusted tilapia** with **lemony brown butter sauce** drizzled over top and with **crispy potatoes** alongside. Serve with **lemon wedges** for squeezing over top. Enjoy!



### 6. Did you know?

Although reducing food waste is a top priority, sometimes in spite of best efforts, we end up with more (ingredients or food) than we need. When that happens, we still make sure it doesn't go to waste. One way of ensuring all of our nutritious food ends up on a table is by donating to local charities like Table to Table and Grace Place.