



## Fast! Broiled Tilapia

with Mashed Chickpeas & Olive Salsa Verde



ca. 20min



2 Servings

This meal is a powerhouse of delicious nutrients that comes together in only 20 minutes! We serve heart-healthy tilapia alongside roasted broccoli and lemony mashed chickpeas for a double dose of filling fiber. Castelvetrano olives and a touch of lemon zest adds a briny brightness to the herby salsa verde, which lends a ton of flavor to this satisfying dish.



## What we send

- 1 shallot
- ¼ oz fresh dill
- 1 oz Castelvetrano olives
- garlic
- 1 lemon
- 10 oz pkg tilapia <sup>4</sup>
- 15 oz can chickpeas
- ½ lb broccoli

## What you need

- kosher salt & ground pepper
- olive oil
- red wine vinegar

## Tools

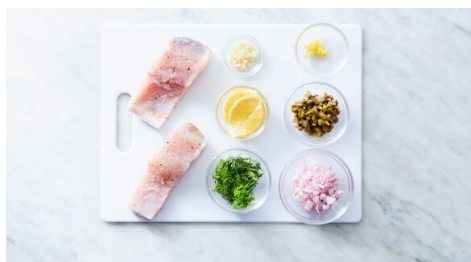
- microplane or grater
- medium nonstick skillet
- rimmed baking sheet
- potato masher or fork

## Allergens

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

## Nutrition per serving

Calories 780kcal, Fat 61g, Carbs 57g, Protein 49g



### 1. Prep ingredients

Preheat broiler with a rack in the upper third.

Halve **shallot** and finely chop one half (save rest for own use). Finely chop **dill**, **olives** (remove any pits, if necessary), and **2 teaspoons garlic**

Into a small bowl, finely grate **1 teaspoon lemon zest**. Cut **remaining lemon** into wedges. Rinse **fish** and pat very dry; season all over with **salt** and **pepper**.



### 4. Make gremolata

To **bowl with lemon zest**, stir in **dill**, **olives**, **remaining chopped garlic**, **¼ cup oil**, and **1 tablespoon vinegar**. Season to taste with **salt** and **pepper**



### 2. Simmer chickpeas

Heat **1 tablespoon oil** in a medium nonstick skillet over medium. Add **shallots** and **half of the chopped garlic**. Cook until softened, 1-3 minutes. Add **chickpeas and their liquid**; bring to a simmer. Cook, stirring occasionally, over medium-high heat until chickpeas are warmed through and liquid is reduced by half, 2-5 minutes.



### 5. Finish

Coarsely mash **chickpeas** with a potato masher or fork (they should still have texture). Stir in **a squeeze of lemon** (about 1 teaspoon) and season to taste with **salt** and **pepper**. Spoon onto plates and top with **broccoli** and **fish**. Spoon **gremolata** over the fish and serve with **extra lemon wedges** on the side.



### 3. Broil veggies & fish

Cut **broccoli** into 2-inch florets, if necessary. Toss broccoli with **2 tablespoons oil** and **a pinch each of salt and pepper** directly on one half of a baking sheet. Drizzle empty half with **oil** and add **tilapia**; drizzle with **oil**. Transfer to broiler and broil until broccoli is charred and fish is cooked through, 6-10 minutes (watch closely as broilers vary).



### 6. Serve

Enjoy!