



Tilapia & Artichoke en Papillote

with Tomato, Zucchini & Walnut Gremolata



30-40min



2 Servings

En papillote is a French cooking technique that steams fish and veggies by encasing them in parchment paper or foil. We nestle tilapia on top of zucchini with artichoke hearts and tomatoes before wrapping and baking. The result is flaky fillets and crisp-tender veggies, and a bright homemade lemon-parsley-walnut gremolata on top before serving adds the perfect fresh crunch.

What we send

- 1 zucchini
- 1 plum tomato
- 14 oz can artichokes
- garlic
- 10 oz pkg tilapia ⁴
- ¼ oz dried oregano
- 1 oz walnuts ¹⁵
- ¼ oz fresh parsley
- 1 lemon
- 1 ciabatta roll ¹

What you need

- kosher salt & ground pepper
- 4 Tbsp butter ⁷
- olive oil
- sugar

Tools

- parchment paper or foil
- rimmed baking sheet
- medium skillet
- microplane or grater

Allergens

Wheat (1), 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 640kcal, Fat 39g, Carbs 40g, Protein 39g



1. Prep ingredients

Preheat oven to 450°F with racks in the center and upper third. Slice **zucchini** into ¼-inch thick rounds. Cut **tomato** into ½-inch thick slices. Drain **artichokes** (quarter, if necessary); set half aside for step 3 (save rest for own use). Finely chop **2 teaspoons garlic**. Pat **tilapia** dry, then season all over with **salt** and **pepper**.



4. Make gremolata

Heat **1 teaspoon oil** in a medium skillet over medium. Add **walnuts** and cook, stirring, until toasted, 3–4 minutes. Transfer walnuts to a cutting board to cool slightly, then coarsely chop. Coarsely chop **parsley leaves and stems**. Finely grate **all of the lemon zest** into a medium bowl; add walnuts, parsley, **remaining garlic**, and **a pinch each of salt, pepper, and sugar**.



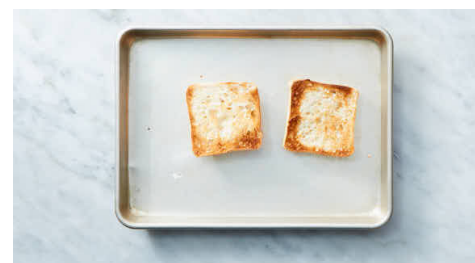
2. Build packets

Cut 2 (20-inch long) pieces of foil (or parchment paper). Divide **zucchini** between the 2 sheets, building in the center. Top each with **1 tablespoon butter** and **½ teaspoon oregano**. Lay **1 tilapia fillet** over each pile of zucchini; sprinkle each fillet with **½ teaspoon of the chopped garlic** and ½ teaspoon oregano.



3. Fold packets & bake

Top each **tilapia fillet** with **tomatoes** and **1 tablespoon butter**; sprinkle **artichokes** around fish. Fold foil or parchment over ingredients; fold edges of each sheet up and crimp to make a well-sealed packet. Transfer to a rimmed baking sheet. Bake on center oven rack until fish is just cooked through and veggies are tender, about 20 minutes. Let sit for 5 minutes before opening.



5. Broil ciabatta roll




Switch oven to broil. Split **ciabatta roll** and drizzle cut side generously with **oil**; season with **salt** and **pepper**. Place roll directly on upper oven rack; broil until golden brown and crisp, 2–3 minutes (watch closely as broilers vary). Remove from oven. Halve **1 large garlic clove** and rub all over cut sides of rolls, then cut each roll half into 3 pieces.



6. Finish & serve

Cut **lemon** into wedges. Carefully open packets (they will release steam!) and top with **gremolata**. Serve with **toasted ciabatta** alongside and **lemon wedges** for squeezing over top. Enjoy!

Questions about the recipe? Cooking hotline: **866-228-4513** (Mon - Fri 9AM-9PM)

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