



Teriyaki-Glazed Tilapia & Green Beans

with Toasted Sesame Seeds & Steamed Rice



30min



2 Servings

Let this easy prep dinner come to your weeknight rescue. Freshly grated ginger and garlic give a big flavor boost to teriyaki sauce before generously spreading over tender tilapia filets. Crisp green beans broil alongside the trout filets while fluffy jasmine rice cooks on the stove. Does it get any easier than that?

What we send

- 5 oz jasmine rice
- 1 oz fresh ginger
- garlic
- ½ lb green beans
- 2 oz teriyaki sauce ^{1,6}
- 10 oz pkg tilapia ⁴
- ¼ oz pkt toasted sesame seeds ¹¹

What you need

- kosher salt & ground pepper
- neutral oil

Tools

- small saucepan
- microplane or grater
- rimmed baking sheet

Allergens

Wheat (1), Fish (4), Soy (6), Sesame (11). May contain traces of other allergens. Packaged in a facility that packages gluten containing products.

Nutrition per serving

Calories 520kcal, Fat 9g, Carbs 71g, Protein 38g



1. Cook rice

In a small saucepan, combine **rice**, **1¼ cups water**, and **½ teaspoon salt**. Bring to a boil. Cover and cook over low until rice is tender and liquid is absorbed, about 17 minutes. Keep covered until ready to serve.



2. Prep ingredients

Preheat broiler with a rack in the upper third.

Finely grate **1 teaspoon each of ginger and garlic**.

Trim **green beans**, then cut into 2-inch pieces.



3. Make sauce

In a small bowl, stir together **grated ginger and garlic** and **teriyaki sauce**.



4. Prep fish & green beans

Pat **tilapia** dry and rub all over with **oil**; lightly season with **salt** and **pepper**. Transfer to one half of a rimmed baking sheet and spoon **2 teaspoons teriyaki sauce** over top.

Add **green beans** to other half of sheet; toss with **2 teaspoons oil** and **a pinch each of salt and pepper**.



5. Cook fish & green beans

Broil **tilapia** and **green beans** on upper oven rack until fish is cooked through and slightly charred on top, and green beans are crisp-tender, about 5 minutes (watch closely as broilers vary).



6. Finish & serve

Fluff **rice** with a fork.

Serve **rice** topped with **tilapia** and **green beans**. Drizzle with **remaining teriyaki sauce** and sprinkle with **toasted sesame seeds**. Enjoy!