

MARLEY SPOON



Mustard-Glazed Tilapia

with Corn, Snap Peas & Tomatoes



30min



2 Servings

We're giving delicate tilapia filets a summery spin with a tangy mustard glaze and a fresh vegetable medley. Corn and snap peas blister in the hot skillet before we mix in juicy fresh tomatoes and dill. We brush a mustard glaze on the tilapia and then crisp it up. Simple, fast, and irresistible, we're here to prove that campout cooking is possible all year round!

What we send

- 1 red onion
- 1 oz whole grain mustard
- 4 oz snap peas
- 1 plum tomato
- ¼ oz fresh dill
- 10 oz pkg tilapia ¹
- 5 oz corn

What you need

- apple cider vinegar (or white wine vinegar)
- sugar
- kosher salt & ground pepper
- olive oil

Tools

- medium nonstick, ovenproof skillet

Allergens

Fish (1). May contain traces of other allergens. Packaged in a facility that packages gluten containing products.

Nutrition per serving

Calories 490kcal, Fat 24g, Carbs 32g, Protein 33g



1. Make mustard glaze

Preheat oven to 425°F with a rack in the center.

Finely chop **1 tablespoon onion**, then thinly slice 3 tablespoons of the remaining onion.

In a small bowl, stir to combine **chopped onions, mustard, 1 teaspoon each of vinegar and sugar**, and a **generous pinch each of salt and pepper**.



4. Cook corn & snap peas

Heat **1 tablespoon oil** in a medium nonstick, ovenproof skillet over medium-high. Add **corn, snap peas**, and **sliced onions**; season with **salt and pepper**. Cook, stirring, until corn and snap peas are crisp-tender, 2-3 minutes. Transfer to a medium bowl and wipe out skillet.

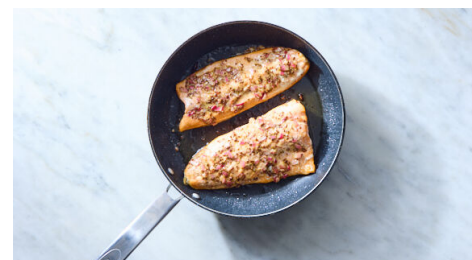


2. Prep ingredients

Trim ends from **snap peas**, then thinly slice on an angle.

Cut **tomato** into ½-inch pieces.

Coarsely chop **dill**, discarding thick stems.



5. Cook tilapia

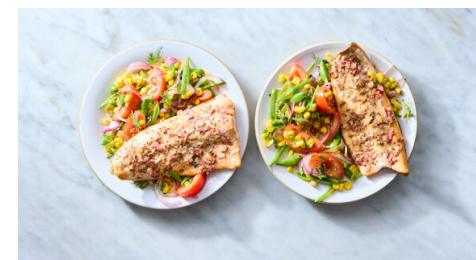
Heat **1 tablespoon oil** in same skillet over medium-high, and swirl to coat. Add **tilapia**, glaze side up, and cook until fish is lightly browned, about 3 minutes. Transfer skillet to oven and roast on center oven rack until tilapia is just cooked through, about 3 minutes more.



3. Prep tilapia

Pat **tilapia** dry and place on a cutting board.

Reserve **½ tablespoon of the mustard glaze** for step 6, then spread **remaining glaze** on top of trout fillets in an even layer.



6. Finish & serve

Meanwhile, to **corn and snap peas**, stir in **chopped dill and tomatoes**, **reserved mustard glaze**, **1 tablespoon oil**, and **½ tablespoon vinegar**. Season to taste with **salt and pepper**.

Serve **tilapia** with **veggies** alongside. Enjoy!