

DINNERLY



Tilapia Piccata with Roasted Potatoes

Parsley, Lemon & Capers



30-40min



2 Servings

Lemon and capers and parsley, oh my! Piccata sauce comes together with a little help from its friends—butter and garlic—and is then spooned otop simply seared tilapia and deeply roasted potatoes. We've got you covered!

WHAT WE SEND

- 2 potatoes
- ¼ oz Italian seasoning
- 1 lemon
- ¼ oz fresh parsley
- 10 oz pkg tilapia ⁴
- 1 oz capers ¹⁷

WHAT YOU NEED

- olive oil
- kosher salt & ground pepper
- garlic
- unsalted butter ⁷

TOOLS

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

ALLERGENS

Fish (4), Milk (7), Sulphites (17). May contain traces of other allergens. Packaged in a facility that packages gluten containing products.

NUTRITION PER SERVING

Calories 550kcal, Fat 28g, Carbs 44g, Protein 34g



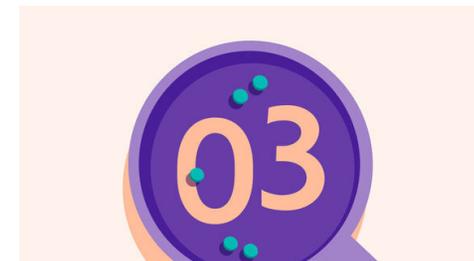
1. Roast potatoes

Preheat oven to 450°F with a rack in the center. Scrub **potatoes**; cut into 1-inch pieces. On a parchment-lined rimmed baking sheet, toss potatoes with **1 tablespoon oil** and **1 tablespoon Italian seasoning**; season with **salt** and **pepper**. Roast on lower oven rack until deeply browned and tender, stirring halfway through, 30–35 minutes.



2. Prep ingredients

Meanwhile, finely chop **1 large garlic clove**. Finely grate **half of the lemon zest** and squeeze **1 tablespoon juice**, keeping separate. Pick **parsley leaves** from stems and finely chop; discard stems.



3. TILAPIA VARIATION

Drain **fish**, then pat very dry. Season all over with **salt** and **pepper**.

Heat **1 tablespoon oil** in a medium nonstick skillet over medium-high. Add **fish** and cook, until well browned and easily flakes, 2–3 minutes per side. Transfer to a plate.



4. Make sauce

Add **garlic** to remaining oil in skillet; cook until fragrant, about 30 seconds. Add **capers, lemon zest and juice**, and **½ cup water**. Bring to a simmer over high heat, scraping up any browned bits from bottom of skillet. Cook until sauce is reduced by half, 1–2 minutes.



5. Finish & serve

Off heat, whisk **2 tablespoons butter** into sauce until creamy and fully combined. Season **sauce** to taste with **salt** and **pepper**. Stir in **parsley**.

Serve **tilapia** and **potatoes** with **piccata sauce** spooned over top. Enjoy!



6. Perfect pan sauce!

Whisking cold butter into the hot caper and lemon mixture ensures that the butter emulsifies the sauce. If the sauce separates and doesn't coat the back of a spoon, add a splash of water and return to a simmer over medium heat. Whisk to redistribute the butter and soon you'll have the silkiest pan sauce in the history of piccatas!