



Lemony Cajun Tilapia

with Garlic Bread & Roasted Broccoli

 30min  2 Servings

Bright, bold flavors can transform even the simplest foods into savory delicacies. For this weeknight crowd-pleaser, our Cajun spice blend teams up with fresh lemon to enliven delicate tilapia filets with zesty-smoky flavors. Roasted red peppers mix with broccoli and broil until tender and charred, while crusty garlic bread soaks up the buttery lemon-garlic pan sauce.

What we send

- ½ lb broccoli
- 4 oz roasted red peppers
- ¼ oz fresh parsley
- 1 lemon
- 1 pkt chicken broth concentrate
- 10 oz pkg tilapia ²
- ¼ oz Cajun seasoning
- 2 mini French rolls ³
- garlic

What you need

- olive oil
- kosher salt & ground pepper
- neutral oil
- butter ¹

Tools

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

Cooking tip

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Allergens

Milk (1), Fish (2), Wheat (3). May contain traces of other allergens. Packaged in a facility that packages gluten containing products.

Nutrition per serving

Calories 500kcal, Fat 28g, Carbs 32g, Protein 36g



1. Broil veggies

Preheat broiler with a rack in the top position.

Cut **broccoli** into 1-inch florets, if necessary. Thinly slice **roasted red peppers**, if necessary.

Transfer broccoli and peppers to a rimmed baking sheet. Toss with a **drizzle of olive oil** and season with **salt and pepper**. Broil on top rack until broccoli is tender and charred in spots, 8-10 minutes.



4. Make lemon-garlic sauce

Heat **2 teaspoons olive oil** and **chopped garlic** in same skillet over medium. Whisk in **lemon broth mixture**, scraping up brown bits from skillet. Simmer until slightly thickened, 3-5 minutes. Off heat, stir in **2 tablespoons butter** and **half of the chopped parsley**. Return **tilapia** to skillet and spoon sauce over to coat.



2. Prep ingredients

Finely chop **1 teaspoon garlic**; cut **1 whole garlic clove** in half and reserve for step 5. Coarsely chop **parsley**.

Into a bowl or measuring cup, **zest ½ teaspoon lemon** and squeeze **1 tablespoon juice**; cut remaining lemon into wedges. Whisk in **chicken broth concentrate** and **½ cup water**.



5. Make garlic bread

Halve **rolls**, drizzle cut sides with **olive oil**, then season with **salt and pepper**.

Broil rolls directly on top oven rack until golden brown and toasted, 1-2 minutes per side (watch closely). Remove rolls from oven and rub cut sides with **reserved cut garlic clove**.



3. Cook tilapia

Rinse **tilapia**, pat dry and season all over with **Cajun seasoning, salt, and pepper**.

Heat **1 tablespoon neutral oil** in a medium nonstick skillet over medium-high. Add **fish** and cook until golden brown and cooked through, 2-3 minutes per side. Transfer to a plate; reserve skillet.



6. Finish & serve

Serve **tilapia** alongside **broccoli & roasted peppers** with **garlic bread** and **lemon wedges**. Garnish with **remaining parsley**. Enjoy!