

MARLEY SPOON



Lemon-Dill Tilapia & Quinoa-Kale Blend

with Charred Green Beans



20-30min



2 Servings

Fresh and flavorful—our two favorite words when it comes to dinner. Lemon and dill are a powerhouse combination, especially when paired with tender tilapia. We complete the plate with protein-packed quinoa and charred green beans for a well-balanced bite, brimming with flavor and good for you ingredients.

What we send

- 10 oz ready to heat quinoa-kale blend
- 1 lemon
- ¼ oz fresh dill
- ½ lb green beans
- 10 oz pkg tilapia ⁴

What you need

- olive oil
- kosher salt & ground pepper

Tools

- microwave
- microplane or grater
- medium nonstick skillet

Cooking tip

Before cutting the lemon, place it on a flat surface. Roll it a few times under the palm of your hand using medium pressure. This helps loosen up the inside so you have more juice to squeeze!

Allergens

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

Nutrition per serving

Calories 630kcal, Fat 40g, Carbs 38g, Protein 38g



1. Cook quinoa

Transfer quinoa-kale blend to a microwave-safe bowl. Partially cover with a microwave-safe lid and microwave on high until warm, 2-3 minutes. (Alternatively, heat 1 teaspoon oil in a small saucepan over medium; add quinoa-kale blend and 1 tablespoon water. Cook, stirring occasionally, until warm, 3-5 minutes.)



4. Cook green beans

Heat **2 teaspoons oil** in a medium nonstick skillet over high until shimmering. Add **green beans**; cook until tender and browned in spots, about 5 minutes. Transfer to a bowl; season with **salt** and **pepper**. Cover to keep warm.



2. Prep ingredients

Finely grate **¼ teaspoon lemon zest** into a small bowl. Pick **2 tablespoons dill fronds** from stems; finely chop 1 tablespoon. Keep remaining dill whole; discard stems. Add **chopped dill** to bowl with zest and season with **salt** and **pepper**. Trim stem ends of **green beans**.



5. Sear tilapia

Pat **fish** dry. Season all over with **salt** and **pepper**. Season top side only with **lemon-dill rub**. Heat **1 tablespoon oil** in same skillet over medium-high until shimmering. Reduce heat to medium; add fish fillets, rub-side up. Using the back of a spatula, press each fillet firmly in place for 10 seconds.



3. Make lemon dressing

Squeeze **1 tablespoon lemon juice** into a 2nd small bowl. Whisk in **2 tablespoons oil** and season to taste with **salt** and **pepper**.



6. Finish fish & serve

Continue to cook **fish**, occasionally pressing gently on fillets, until lightly golden, 2-3 minutes. Flip **fish**, and cook until flaky and cooked through, 2-3 minutes more.

Transfer **fish** to plates and serve with **quinoa** and **green beans**. Spoon **lemon dressing** over top. Garnish with **remaining whole dill fronds**. Enjoy!