



## BBQ-Spiced Tilapia with Cheesy Rice

& Charred Brussels Sprouts



30min



2 Servings

Quick-cooking time with big flavor—this meal checks all the boxes! Bold spices are the trick for speedy and delicious meals, and our BBQ spice blend brings mild tilapia filets to life. No instant soup needed here—we make our cheesy rice from scratch for ultimate flavor. Charred Brussel sprouts adds fresh vegetables to the plate, and before you know it, dinner is on the table!



## What we send

- 5 oz basmati rice
- 1 yellow onion
- garlic
- ½ lb Brussels sprouts
- ¼ oz fresh chives
- 10 oz pkg tilapia <sup>4</sup>
- ¼ oz BBQ spice blend
- 1 oz sour cream <sup>7</sup>
- 1 (¼ oz) Dijon mustard
- 2 oz shredded cheddar-jack blend <sup>7</sup>

## What you need

- kosher salt & ground pepper
- olive oil

## Tools

- small saucepan
- rimmed baking sheet
- medium ovenproof skillet

## Allergens

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

## Nutrition per serving

Calories 760kcal, Fat 29g, Carbs 78g, Protein 47g



### 1. Cook rice

In a small saucepan, combine **rice, 1 ¼ cups water**, and **½ teaspoon salt**. Bring to a boil. Cover and cook over low heat until liquid is absorbed, about 17 minutes. Keep covered off heat until step 5.



### 2. Prep ingredients

Preheat broiler with a rack in the upper third.

Finely chop **onion**. Finely chop **1 teaspoon garlic**. Trim ends from **Brussels sprouts**; remove any tough outer leaves, if necessary. Cut in half (or quarter, if large). Finely chop **chives**.



### 3. Prep fish

Pat **fish** dry; rub all over with **oil**. Season with **2 teaspoons BBQ spice** and a **pinch each of salt and pepper**.



### 4. Broil Brussels & fish

On a rimmed baking sheet, toss **Brussels sprouts** with **2 tablespoons oil**; season with a **pinch each of salt and pepper**. Broil on upper oven rack until crisp-tender and starting to brown in spots, 6-8 minutes (watch closely as broilers vary).

Place **fish** on same baking sheet and broil until cooked through and Brussels sprouts are tender and charred, about 3-5 minutes more.



### 5. Start rice

Meanwhile, heat **1 tablespoon oil** in a medium ovenproof skillet over medium-high. Add **chopped onions and garlic**; cook, stirring, until onions are golden and softened, about 5 minutes. Add **sour cream, 1 teaspoon Dijon mustard**, and **¼ cup water**; stir to combine. Add **rice**; cook, stirring, until warmed through, 2-3 minutes. Season to taste with **salt and pepper**.



### 6. Broil cheese & serve

Sprinkle **cheese** over **rice**. Broil on top rack until cheese is melted and browned in spots, 2-3 minutes (watch closely). Sprinkle **chives** over top.

Serve **BBQ-spiced tilapia** with **Brussels sprouts** and **cheesy rice**. Enjoy!