

# DINNERLY



## No Chop! Curry Butter Tilapia with Spinach & Orzo



20-30min



2 Servings

They had us at curry butter. Mild tilapia allows a rich sauce of curry powder, butter, and lemon zest to really shine. A simple side of lemony orzo and tender spinach is perfect for soaking up every saucy bite. Did we mention this comes together in 30 minutes or less? We've got you covered!

## WHAT WE SEND

- 3 oz orzo <sup>2</sup>
- 1 lemon
- ¼ oz curry powder
- 10 oz pkg tilapia <sup>3</sup>
- 5 oz baby spinach

## WHAT YOU NEED

- olive oil
- kosher salt & ground pepper
- garlic
- butter <sup>1</sup>

## TOOLS

- 2 small saucepans
- microplane or grater
- rimmed baking sheet

## ALLERGENS

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

## NUTRITION PER SERVING

Calories 430kcal, Fat 18g, Carbs 36g, Protein 36g



### 1. Cook orzo

Preheat broiler with a rack in the upper third.

Heat **1 teaspoon oil** in a small saucepan over medium. Add **orzo** and cook, stirring, until toasted, 2–3 minutes. Add **1 cup water** and **½ teaspoon salt**; bring to a boil over high heat. Cover and reduce to a simmer; cook until orzo is tender and liquid is evaporated, 12–15 minutes. Cover to keep warm off heat.



### 4. Finish orzo & serve

To saucepan with **orzo**, stir in **spinach** and **juice from 1 lemon wedge** until wilted. Season to taste with **salt** and **pepper**.

Serve **curry butter tilapia** with **spinach orzo** and **lemon wedges** alongside. Enjoy!



### 2. Make curry butter sauce

Finely grate **1 teaspoon garlic**. Grate **½ teaspoon lemon zest**; cut lemon into wedges.

Melt **2 tablespoons butter** in a 2nd small saucepan over medium heat. Stir in **garlic**, **1 teaspoon curry powder**, and **a pinch of salt**; cook, stirring and swirling pan, until fragrant, 1 minute. Stir in **lemon zest**. Set aside to cool slightly. Season to taste with **salt** and **pepper**.



### 5. ...

What were you expecting, more steps?



### 3. Broil fish

Pat **fish** dry and season all over with **a pinch each of salt and pepper**. Transfer to a rimmed baking sheet.

Pour **curry butter sauce** over fish. Broil on upper oven rack until flaky and cooked through, about 5 minutes.



### 6. ...

You're not gonna find them here! Kick back, relax, and enjoy your Dinnerly!