

# DINNERLY



## Chinese Salt & Pepper Tilapia with Steamed Rice & Broccoli



20-30min



2 Servings

A takeout worthy meal that's perfect for any night of the week—what more could you want? Mild, tender tilapia gets a quick shake in cornstarch so that the fish can be oh so crisp when it's lightly fried. Broccoli steams in the microwave, and a final toss of the fried fish with jalapeños and savory steak seasoning packs a ton of flavor. We've got you covered!

### WHAT WE SEND

- 5 oz jasmine rice
- 1 jalapeño chile
- 10 oz pkg tilapia <sup>4</sup>
- 1½ oz cornstarch
- ½ lb broccoli
- ¼ oz steak seasoning

### WHAT YOU NEED

- kosher salt & ground pepper
- neutral oil

### TOOLS

- small saucepan
- medium skillet
- microwave

### ALLERGENS

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

### NUTRITION PER SERVING

Calories 740kcal, Fat 28g, Carbs 86g, Protein 36g



#### 1. Cook rice

In a small saucepan, combine **rice**, **1¼ cups water**, and **½ teaspoon salt**; bring to a boil over high heat. Cover and cook over low until rice is tender and water is absorbed, about 17 minutes. Keep covered off heat until ready to serve.



#### 2. Prep ingredients

Thinly slice **jalapeño** (remove seeds if desired).

Pat **fish** dry, then cut into 1-inch pieces; season all over with **salt** and **pepper**.

Transfer **cornstarch** to a large resealable plastic bag. Add fish; close bag and shake well until each piece is evenly coated.



#### 3. Fry fish

Heat **½-inch oil** in a medium skillet over medium-high (oil should register 350°F; a pinch of cornstarch should sizzle immediately). Add **fish** in an even layer. Cook, flipping pieces occasionally, until lightly golden and crisp, 4–7 minutes. Transfer to a paper towel-lined plate. Carefully transfer **oil** to a large heatproof bowl and reserve for step 5.



#### 4. Steam broccoli

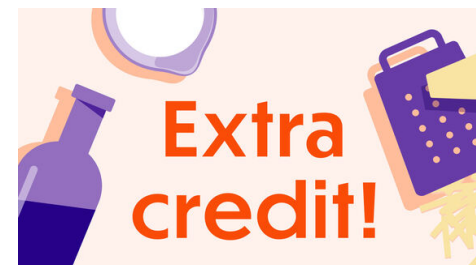
Cut **broccoli** into florets, if necessary. Transfer to a bowl, cover, and microwave until crisp-tender, 2–3 minutes. Season with **salt** and **pepper**.



#### 5. Finish & serve

Add **3 tablespoons reserved oil** to skillet over high heat. Add **jalapeños**; cook until fragrant, 30–60 seconds. Stir in **steak seasoning** and cook until fragrant, about 30 seconds more. Remove from heat; add **fish** and toss to coat.

Serve **salt and pepper fish** with **rice** and **steamed broccoli**. Enjoy!



#### 6. Check us out!

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