

# DINNERLY



## Blackened Tilapia with Tomato Rice & Garlic Aioli



30min



2 Servings

Hey Dinnerlyheads, we've got a good one for you. The only thing that could make this Cajun-spiced, blackened tilapia even better is a side of juicy tomato rice and some garlicky aioli to top it all off. We've got you covered!

### WHAT WE SEND

- 2 scallions
- 1 plum tomato
- 2 oz mayonnaise <sup>3,6</sup>
- 5 oz jasmine rice
- 10 oz pkg tilapia <sup>4</sup>
- ¼ oz Cajun seasoning

### WHAT YOU NEED

- garlic
- kosher salt & ground pepper
- olive oil

### TOOLS

- medium saucepan
- medium nonstick skillet

### ALLERGENS

Egg (3), Fish (4), Soy (6). May contain traces of other allergens. Packaged in a facility that packages gluten containing products.

### NUTRITION PER SERVING

Calories 720kcal, Fat 37g, Carbs 64g, Protein 34g



#### 1. Prep ingredients

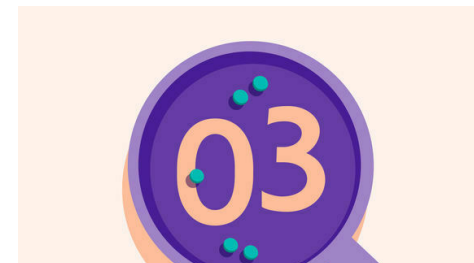
Trim ends from **scallions** and thinly slice, keeping dark greens separate. Finely chop **1 teaspoon garlic**. Cut **tomato** into ½-inch pieces.

In a small bowl, whisk to combine **mayo** and **chopped garlic**. Season to taste with **salt** and **pepper**; set aside until ready to serve.



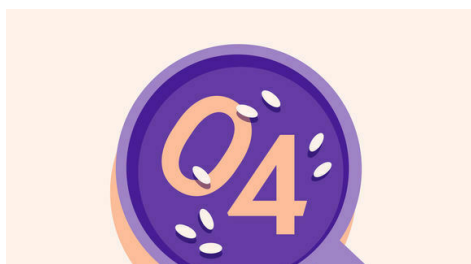
#### 2. Cook rice

Heat **2 teaspoons oil** in a medium saucepan over medium-high. Add **scallion whites and light greens**; cook until fragrant, about 1 minute. Add **rice**; cook, stirring, until toasted, 2–3 minutes. Stir in **1¼ cups water** and **½ teaspoon salt**; bring to a boil. Cover, reduce heat to low, and simmer until water is absorbed and rice is tender, about 17 minutes. Cover to keep warm off heat.



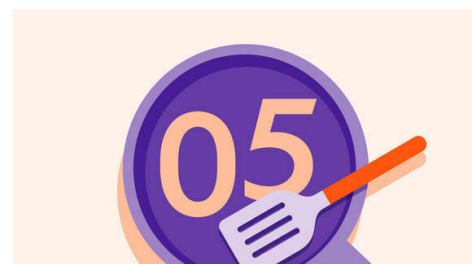
#### 3. Season fish

Drain **fish**, then pat very dry. Season all over with **Cajun seasoning** (use less depending on heat preference) and **salt**.



#### 4. Cook fish

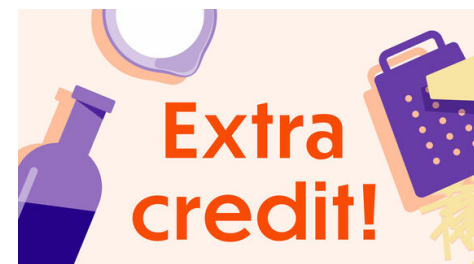
Heat **1 tablespoon oil** in a medium nonstick skillet over medium-high. Add **fish** and cook, until well browned and easily flakes, 2–3 minutes per side. Transfer to a plate.



#### 5. Finish & serve

Fluff **rice** with a fork and stir in **tomatoes**. Season to taste with **salt** and **pepper**.

Serve **blackened tilapia** with **tomato rice** alongside and **garlic mayo** dolloped over top. Garnish with **sliced scallion dark greens**. Enjoy!



#### 6. Did you know?

As we made the switch to becoming a paperless company at our US and Australian sites, 2.6 million sheets of paper waste was avoided in 2020. As we implement this in all our sites, it will allow us to save more than 6 million sheets of paper per year globally.