



Fast! Sheet Pan Miso Tilapia

with Honey-Tamari Green Beans & Coconut Rice



ca. 20min



2 Servings

We've found a way to get a flavor-packed meal on the table in 20-minutes. Our trick? Fresh ingredients and a ton of seasoning! We broil tilapia fillets brushed with a sweet umami glazed made with tamari, miso paste, and honey. As the fish cooks, the sugar caramelizes creating an irresistible caramelized coating. For easy cleanup, green beans broil on the same sheet! Coconut-scented rice served alongside completes the meal.

What we send

- 5 oz jasmine rice
- ½ oz unsweetened shredded coconut ¹⁵
- ½ oz honey
- ½ oz tamari soy sauce ⁶
- 0.63 oz miso paste ⁶
- ½ lb green beans
- 10 oz pkg tilapia ⁴
- ¼ oz pkt toasted sesame seeds ¹¹

What you need

- kosher salt & ground pepper
- sugar
- neutral oil

Tools

- small saucepan
- rimmed baking sheet

Allergens

Fish (4), Soy (6), Sesame (11), Tree Nuts (15). May contain traces of other allergens. Packaged in a facility that packages gluten containing products.

Nutrition per serving

Calories 600kcal, Fat 16g, Carbs 76g, Protein 38g



1. Cook rice

In a small saucepan, combine **rice**, **shredded coconut**, **1 ¼ cups water**, and **½ teaspoon each of salt and sugar**, bring to a boil. Cover and cook over low until rice is tender and water is absorbed, about 17 minutes. Keep covered until ready to serve.



2. Make miso glaze

Preheat broiler with a rack in the upper third.

In a small bowl, whisk to combine **honey**, **tamari**, and **half of the miso paste** (save rest for own use). Transfer half of the glaze to a 2nd small bowl.



3. Broil green beans

Trim stem ends from **green beans**.

On a rimmed baking sheet, toss green beans with **1 tablespoon oil** and **a pinch each of salt and pepper**. Broil on upper oven rack until just starting to brown, about 5 minutes (watch closely as broilers vary).



4. Prep tilapia

While **green beans** broil, pat **tilapia** dry and lightly season all over with **salt** and **pepper**; brush each piece with **miso glaze** from one of the bowls (save remaining glaze for step 6).



5. Broil tilapia

Carefully transfer **tilapia** to baking sheet with **green beans**. Broil on upper oven rack until tilapia is cooked through and browned in spots, and green beans are crisp-tender and lightly charred, 5-7 minutes (watch closely).



6. Finish & serve

Drizzle **remaining miso glaze** over **green beans**; carefully toss to coat directly on baking sheet.

Serve **tilapia** with **green beans** and **coconut rice** alongside. Garnish with a **sprinkle of sesame seeds**. Enjoy!