DINNERLY

Easy Clean Up! Keto-Friendly Chipotle Tilapia

with Roasted Green Beans & Lime

20-30min 2 Servings

Don't let this dish fool you—it may look simple with only four ingredients, but it's jam-PACKED with flavor. We took succulent tilapia to the next level with smoky chipotle spice and a squeeze of bright lime juice. And we're featuring broccoli at it's best: roasted in the oven to tender-yet-crunchy-and-slightly-sweet perfection. Oh, and did we mention it all comes together on one sheet pan? We've got you covered!

WHAT WE SEND

- ½ lb green beans
- 1 lime
- ¼ oz chipotle chili powder
- 10 oz pkg tilapia [4]

WHAT YOU NEED

- neutral oil
- kosher salt & ground pepper
- sugar

TOOLS

- rimmed baking sheet

COOKING TIP

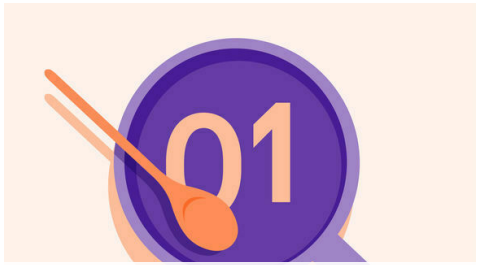
Veggies might cook faster than the fish, so keep a close eye on them and remove from oven if they're browning too quickly.

ALLERGENS

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

NUTRITION PER SERVING

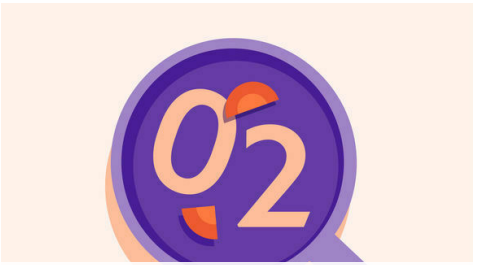
Calories 310kcal, Fat 17g, Carbs 13g, Protein 31g



1. GREEN BEAN VARIATION

Preheat oven to 425°F with a rack in the center.

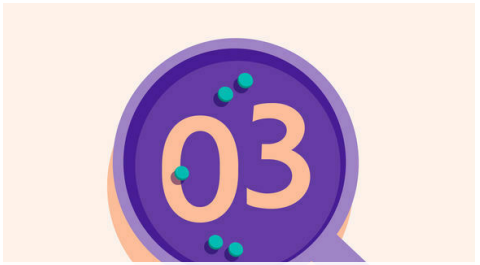
Trim stem ends from **green beans**. Toss on a rimmed baking sheet with **1 tablespoon oil**; season with **salt** and **pepper**. Roast on center oven rack, about 5 minutes.



2. Prep chipotle-lime sauce

While **green beans** roast, into a small bowl, squeeze **juice** from **half of the lime** ; cut remaining into wedges. To same bowl, whisk in **1 teaspoon chipotle chili powder** (or more depending on heat preference), **1 tablespoon oil, 2 teaspoons sugar**, and **⅛ teaspoon salt** until combined.

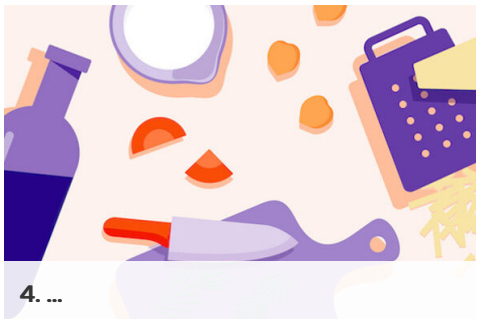
Pat **tilapia** dry; brush one side of each filet with **chipotle-lime sauce**.



3. Roast tilapia & serve

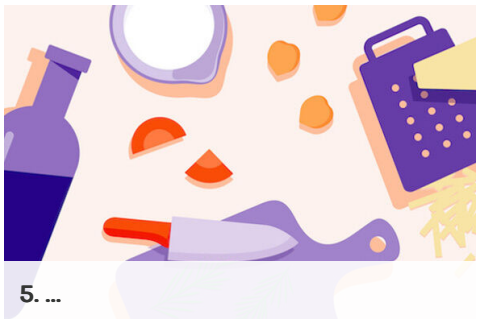
Push **green beans** to one side of baking sheet; lightly drizzle open side with **oil**. Place **tilapia**, glazed-sides up, on open side. Roast on center oven rack until green beans are tender and browned in spots, and tilapia is cooked through, about 10 minutes.

Serve **chipotle-lime tilapia** with **roasted green beans** alongside and **any lime wedges** for squeezing over top. Enjoy!



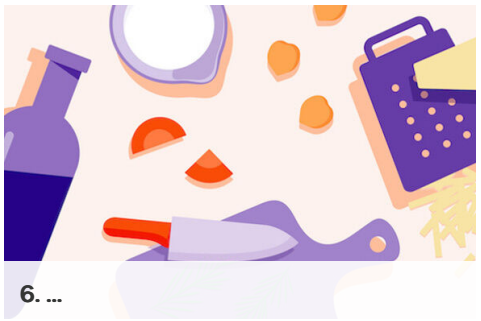
4. ...

What were you expecting, more steps?



5. ...

You're not gonna find them here!



6. ...

Kick back, relax, and enjoy your Dinnerly!