MARLEY SPOON

Pan-Roasted Tilapia

with Potatoes & Herb Butter

30-40min 2 Servings

Herb butter sounds like something you'd only find in fancy restaurants, but the truth is that it's easy and quick to make. The trick is to allow the butter to soften at room temperature so it can be easily mashed with fresh herbs and chopped onions. We spooned our fragrant herb butter onto tender tilapia for a special finish that's also delicious on the pan–roasted potatoes served alongside.

What we send

- ½ lb baby potatoes
- 1 yellow onion
- 1 lemon
- 5 oz baby spinach
- 10 oz pkg tilapia [1]
- ¼ oz fresh dill

What you need

- 1 Tbsp butter, softened [2]
- olive oil
- kosher salt & ground pepper

Tools

- microplane or grater
- large ovenproof skillet

Cooking tip
Set butter out to soften at room temperature at least 30 minutes before cooking.

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

Nutrition per serving
Calories 410kcal, Fat 16g, Carbs 37g, Protein 34g

1. Prep ingredients

Preheat oven to 425°F with a rack in the center. Scrub **potatoes**, then halve. Halve and thinly slice **¾ cup onion** (save rest for own use); finely chop 1 tablespoon of the onions, leaving the rest sliced. Finely grate **all of the lemon zest**, then cut half of the lemon into 4 wedges (save rest for own use).

2. Sauté vegetables

Heat **1 tablespoon oil** in a large ovenproof skillet over medium-high. Add **potatoes** and cook, stirring occasionally, until lightly browned but not cooked through, about 7 minutes (reduce heat if browning too quickly). Stir in **sliced onions** and season with **salt** and **pepper**.

3. Pan-roast vegetables

Transfer skillet to center oven rack and roast until **potatoes** are tender, 10–12 minutes. Carefully remove from oven and stir in **spinach** to wilt slightly.

4. Roast fish

Pat **tilapia** dry and brush lightly with **oil**; season all over with **salt** and **pepper**. Place tilapia on top of **vegetables** and roast on center oven rack until fish is just cooked through, 8–10 minutes.

5. Make herb butter

Pick and coarsely chop **1 tablespoon dill fronds**; discard stems. In a small bowl, combine chopped dill, **chopped onions**, **1 tablespoon softened butter**, **½ teaspoon of the lemon zest** (reserve remaining for serving), and **a pinch each of salt and pepper**. Squeeze **1 lemon wedge** into bowl, and mash with a fork to combine.

6. Finish & serve

Use a spatula to transfer **vegetables** and **tilapia** to plates (careful, the skillet is hot!). Dot **herb butter** on top of fish and sprinkle with **some of the reserved lemon zest**. Serve **tilapia and veggies** with **remaining lemon wedges** on the side for squeezing over. Enjoy!