



Citrus-Glazed Tilapia

with Roasted Asparagus & Green Beans



30-40min



2 Servings

While we love lemon with fish, we opt for orange and lime for a different citrusy twist. It adds a pop of acidity and a touch of sweetness to the sauce that coats flaky tilapia, along with garlic and tamari. The result is a balanced glaze for the skillet roasted fillets. We pair it with roasted asparagus and green beans; it's our favorite way to prepare veggies as it brings out the natural sweetness.

What we send

- ½ lb green beans
- ½ lb asparagus
- garlic
- 1 lime
- 1 orange
- 1 oz salted almonds ³
- ½ oz tamari soy sauce ²
- ¼ oz smoked paprika
- 1 pkt crushed red pepper
- 10 oz pkg tilapia ¹

What you need

- sugar
- neutral oil
- kosher salt & ground pepper

Tools

- medium nonstick, ovenproof skillet
- rimmed baking sheet

Allergens

Fish (1), Soy (2), Tree Nuts (3). May contain traces of other allergens. Packaged in a facility that packages gluten containing products.

Nutrition per serving

Calories 490kcal, Fat 29g, Carbs 29g, Protein 38g



1. Prep ingredients

Preheat oven to 425°F with racks in the upper and lower thirds.

Trim ends from **green beans**. Trim tough ends from **asparagus**. Finely chop **1 teaspoon garlic**.

Squeeze **all of the lime juice** and **2 tablespoons orange juice** into a medium nonstick, ovenproof skillet. Cut any remaining orange into wedges. Coarsely chop **almonds**.



4. Cook sauce

Bring **sauce** in skillet to a boil over medium-high heat, then remove from heat.

Pat **tilapia** dry and add to skillet, turning to coat with sauce.



2. Prep sauce

Add **garlic, tamari, 1½ tablespoons sugar, 1 tablespoon oil**, and **¼ teaspoon smoked paprika** to skillet with **lime and orange juice**; whisk to combine.

Season to taste with **crushed red pepper flakes** and **salt**.



5. Roast tilapia

Roast **tilapia** on upper oven rack, spooning **pan juices** over fish, once or twice, until fish is cooked through, about 10 minutes.

Remove from oven. Season **sauce** to taste with **salt** and **pepper**.



3. Roast vegetables

On a rimmed baking sheet, toss **green beans** and **asparagus** with **1½ tablespoons oil**; season with **salt** and **pepper**.

Roast on lower oven rack until vegetables are tender and browned in spots, about 10 minutes.



6. Serve

Serve **tilapia** with **pan sauce** spooned on top. Sprinkle **chopped almonds** over **vegetables** and serve **orange wedges** alongside for squeezing over. Enjoy!