MARLEY SPOON

Easy Prep! Tilapia with Green Chile Rice

& Avocado Crema

30min 2 Servings

Enjoy your fish and veggies in a jiff with this simple sheet pan supper! We coat tilapia filets in Tex-Mex spices and broil the delicate white fish along with sweet peppers and onions. Green chiles flavor steamy jasmine rice before we toss in fresh cilantro. A tangy avocado crema is the ultimate condiment for this fresh and light supper that's as easy to make as it is to enjoy.

What we send

- 1 yellow onion
- 1 bell pepper
- 5 oz jasmine rice
- 4 oz can chopped green chiles
- 10 oz pkg tilapia [4]
- ¼ oz Tex-Mex spice blend
- 1 lime
- 2 (2 oz) guacamole
- 1 oz sour cream [7]
- ¼ oz fresh cilantro

What you need

- neutral oil
- kosher salt & ground pepper

Tools

- small saucepan
- rimmed baking sheet
- microplane or grater

Cooking tip

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Allergens

Fish (4), Milk (7). May contain traces of other allergens. Packaged in a facility that packages gluten containing products.

Nutrition per serving

Calories 650kcal, Fat 17g, Carbs 84g, Protein 37g

1. Prep peppers & onions

Preheat broiler with a rack in the upper third.

Halve **pepper**, discard stem and seeds, then slice into ½-inch pieces. Halve **onion** through the root end and slice into ½-inch pieces; finely chop half of the onion slices.

2. Make green chile rice

Heat **2 teaspoons oil** in a small saucepan over medium-high. Add **finely chopped onion** and **a pinch of salt**; cook, stirring, until softened, 3–4 minutes. Add **rice**; cook, stirring, until rice is toasted, 1–2 minutes. Add **chopped green chiles** and **1 cup water**; bring to a simmer. Cover, reduce heat to low, and simmer until liquid is absorbed, about 17 minutes. Keep covered.

3. Broil veggies

On a rimmed baking sheet, toss **sliced onions** and **peppers** with **a drizzle of oil**; season with **salt** and **pepper**. Broil on upper rack until beginning to soften and char in spots, 5–6 minutes.

4. Broil tilapia

Pat **tilapia** dry and season all over with **Tex-Mex spice** and **a generous pinch each of salt and pepper**.

When **peppers and onions** have broiled 5–6 minutes, remove baking sheet from oven. Place **tilapia** over veggies; drizzle with **oil**. Return to upper rack and broil until veggies are tender and charred in spots and fish is cooked through, 6–8 minutes.

5. Make avocado crema

Meanwhile, finely grate **½ teaspoon lime zest**, then squeeze **1 tablespoon lime juice** into a small bowl; cut remaining lime into wedges. To bowl with lime juice, add **all of the guacamole, sour cream,** and **1 tablespoon water**; season to taste with **salt** and **pepper**.

Tear **cilantro leaves** from stems; discard stems. Finely chop half of the leaves.

6. Finish & serve

Add **lime zest, juice from 1 lime wedge,** and **chopped cilantro leaves** to **green chili rice**; fluff with a fork to combine.

Serve **green chili rice** in bowls with **broiled veggies** and **tilapia**. Drizzle with **avocado crema** and sprinkle on **remaining cilantro leaves**. Serve with **any remaining lime wedges** for squeezing over top. Enjoy!