

DINNERLY



Miso-Honey Glazed Tilapia & Sesame Carrots

Developed by Our Registered Dietitian



20-30min



2 Servings

Dinnerly's resident dietitian is bringing you meals that are both ultra-satisfying and super nourishing. This dish is what we professionals like to call a double whammy: light on carbs and heavy on flavor. The miso-honey glaze is a savory-sweet combo perfect for flaky fish. Pair it with roasted carrots and onions with a sprinkle of sesame seeds for a feel-good meal that comes together in no time. We've got you covered!

WHAT WE SEND

- 1 lb carrots
- 1 yellow onion
- ½ oz tamari soy sauce ⁶
- ½ oz honey
- 10 oz pkg tilapia ⁴
- ¼ oz pkt toasted sesame seeds ¹¹
- 0.63 oz miso paste ⁶

WHAT YOU NEED

- olive oil
- kosher salt & ground pepper

TOOLS

- rimmed baking sheet

ALLERGENS

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

NUTRITION PER SERVING

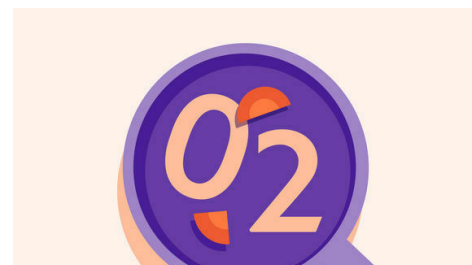
Calories 380kcal, Fat 16g, Carbs 30g, Protein 33g



1. Broil carrots & onions

Preheat broiler with a rack in the upper third.

Scrub **half of the carrots** (save rest for own use); cut crosswise on an angle into ¼-inch slices. Halve **onion** crosswise; cut through the root end into ½-slices. Toss veggies on a rimmed baking sheet with **1½ tablespoons oil**; season with **salt** and **pepper**. Broil on upper oven rack until softened and browned around edges, 8–10 minutes.

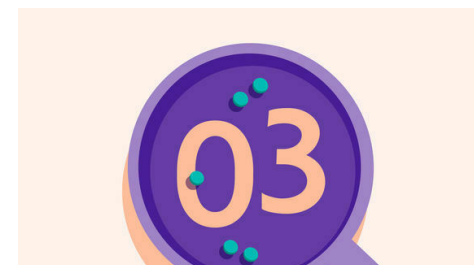


2. Make glaze & broil fish

Meanwhile, in a small bowl, stir together **miso**, **tamari**, and **honey**.

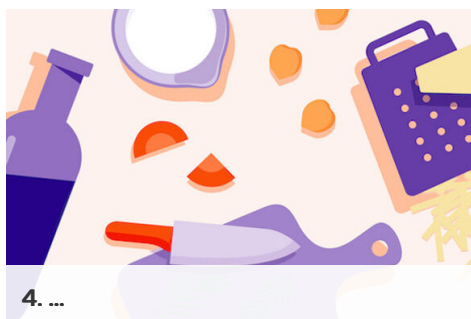
Pat **tilapia** dry; season all over with **salt** and **pepper**.

Remove **veggies** from oven; place tilapia over top. Pour **half of the miso glaze** over tilapia. Return baking sheet to oven and broil until tilapia is cooked through, about 5 minutes (watch closely as broilers vary).



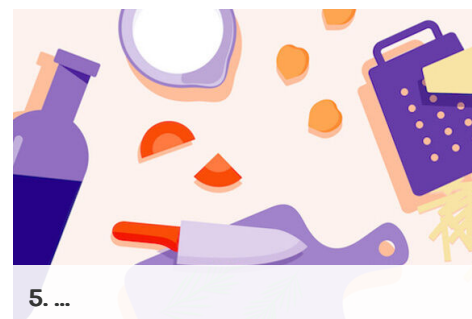
3. Serve

Serve **miso-glazed tilapia** with **carrots and onions** alongside. Drizzle **remaining glaze** over tilapia and sprinkle veggies with **toasted sesame seeds**. Enjoy!



4. ...

What were you expecting, more steps?



5. ...

You're not gonna find them here!



6. ...

Kick back, relax, and enjoy your Dinnerly!