

DINNERLY



Za'atar Crusted Tilapia with Couscous Salad



under 20min



2 Servings

Do you know what za'atar goes well with? Just about everything. This Middle Eastern spice blend is chock full of ingredients that make it a little herby, a little toasty, a little tangy, and very tasty. We paired it with tilapia and a fluffy couscous salad with marinated tomato and cucumber for a low-cal meal that'll leave you feelin' good. We've got you covered!

WHAT WE SEND

- 3 oz couscous ¹
- 1 lemon
- 1 plum tomato
- 1 cucumber
- 10 oz pkg tilapia ⁴
- ¼ oz za'atar spice blend ¹¹

WHAT YOU NEED

- garlic
- olive oil
- kosher salt & ground pepper

TOOLS

- small saucepan
- microplane or grater
- large nonstick skillet

ALLERGENS

Wheat (1), Fish (4), Sesame (11). May contain traces of other allergens. Packaged in a facility that packages gluten containing products.

NUTRITION PER SERVING

Calories 650kcal, Fat 39g, Carbs 43g, Protein 35g



1. Cook couscous

Finely chop **2 teaspoons garlic**. Heat **1 tablespoon oil** in a small saucepan over medium. Add **half of the chopped garlic** and cook until fragrant, 1 minute. Add **½ cup water** and **a pinch of salt**; cover and bring to a boil over high heat. Stir in **couscous**, cover, and remove saucepan from heat; set aside for step 5.



2. Prep salad

Meanwhile, finely grate **½ teaspoon lemon zest** and squeeze **1 tablespoon lemon juice** into a large bowl; cut any remaining lemon into wedges.

Cut **tomato** and **cucumber** into ¼-inch pieces.



3. Marinate veggies

To bowl with **lemon juice** and **zest**, add **remaining chopped garlic** and **3 tablespoons oil**; season to taste with **salt** and **pepper**.

Add **tomatoes** and **cucumbers** and set aside to marinate.



4. Cook tilapia

Pat **fish** dry, then season all over with **salt** and **za'atar**. Heat **1 tablespoon oil** in a large nonstick skillet over medium-high. Add fish and cook until well browned and easily flakes, about 3 minutes per side.



5. Finish salad & serve

Fluff **couscous** with a fork and add to bowl with **tomatoes** and **cucumbers**; toss to combine and season to taste with **salt** and **pepper**.

Serve **za'atar crusted tilapia** with **couscous salad** alongside and **lemon wedges** for squeezing over top. Enjoy!



6. Make it your own!

Top off your fish with a drizzle of balsamic vinegar or a pinch of red pepper flakes for an added pop of flavor!