

DINNERLY



Tandoori Tilapia over Rice & Peas with Creamy Charred Scallion Sauce



35min



2 Servings

Sure, there's plenty of fish in the sea, but this tandoori tilapia has already stolen our hearts. The earthy and aromatic spice blend makes anything it touches irresistible, and that includes this light and flakey fish. Serve it on a bed of jasmine rice and peas with a creamy scallion sauce, and you won't have eyes for any other dinner. We've got you covered!

WHAT WE SEND

- 2 scallions
- 10 oz pkg tilapia ¹
- ¼ oz tandoori spice
- 5 oz basmati rice
- 2½ oz peas
- 2 (1 oz) sour cream ²

WHAT YOU NEED

- kosher salt & ground pepper
- 4 Tbsp butter ²
- white wine vinegar (or apple cider vinegar)
- olive oil
- garlic

TOOLS

- medium saucepan
- medium nonstick skillet

ALLERGENS

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

NUTRITION PER SERVING

Calories 710kcal, Fat 34g, Carbs 63g, Protein 37g



1. Prep ingredients

Finely chop **1 teaspoon garlic**, then thinly slice **2 large garlic cloves**.

Trim ends from **scallions**, then thinly slice.

Pat **fish** dry, then season all over with **tandoori spice** and **salt**.



2. Cook rice

Melt **2 tablespoons butter** in a medium saucepan over medium heat. Add **sliced garlic**; cook until golden, 1–2 minutes. Add **rice**; cook, stirring, until toasted, about 2 minutes. Stir in **½ teaspoon salt** and **1¼ cups water**; bring to a boil. Reduce heat to low; cover and cook until rice is almost tender, about 17 minutes. Add **peas** over top; cover to keep warm off heat until step 5.



3. Char scallions

Heat a medium nonstick skillet over high. Add **scallions** and cook, stirring occasionally, until softened and charred in spots, 1–2 minutes. Transfer to a small bowl; set aside until step 5.



4. Cook fish

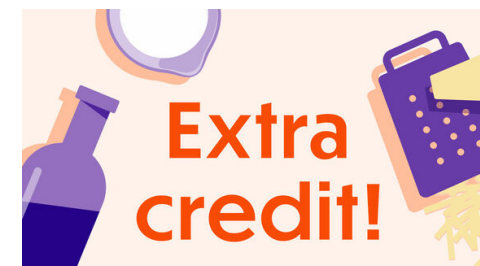
In same skillet over medium-high heat, melt **2 tablespoons butter**; add **fish** and cook until well browned and easily flakes, about 3 minutes per side.



5. Finish & serve

To bowl with **scallions**, stir in **all of the sour cream**, **chopped garlic**, **1 teaspoon each of vinegar and oil**, and **a pinch each of sugar and salt** until combined; thin with **1 teaspoon water**, if needed. Season to taste. Fluff **rice** with a fork; stir in **peas**.

Serve **tandoori tilapia** over **rice** with **any remaining pan sauce**. Dollop **scallion sauce** over top. Enjoy!



6. Add some greens

Want more veggie vibes? Take it a step further by adding mini broccoli florets to the rice with the peas in step 2, and let them cook from the steam!

Extra credit!