



BBQ-Spiced Tilapia with Cheesy Rice

& Charred Broccoli



30min



2 Servings

Quick-cooking time with big flavor—this meal checks all the boxes! Bold spices are the trick for speedy and delicious meals, and our BBQ spice blend brings mild tilapia filets to life. No instant soup needed here—we make our cheesy rice from scratch for ultimate flavor. Charred broccoli adds fresh vegetables to the plate, and before you know it, dinner is on the table!

What we send

- 5 oz basmati rice
- 1 yellow onion
- garlic
- ½ lb broccoli
- ¼ oz fresh chives
- 10 oz pkg tilapia ¹
- ¼ oz BBQ spice blend
- 1 oz sour cream ²
- 2 oz shredded cheddar-jack blend ²
- ¼ oz Dijon mustard

What you need

- kosher salt & ground pepper
- olive oil

Tools

- small saucepan
- rimmed baking sheet
- medium ovenproof 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 740kcal, Fat 29g, Carbs 75g, Protein 46g



1. Cook rice

In a small saucepan, combine **rice, 1 ¼ cups water**, and **½ teaspoon salt**. Bring to a boil. Cover and cook over low heat until liquid is absorbed, about 17 minutes. Keep covered off heat until step 5.



2. Prep ingredients

Preheat broiler with a rack in the upper third.

Finely chop **onion**. Finely chop **1 teaspoon garlic**. Cut **broccoli** into 1-inch florets, if necessary. Finely chop **chives**.



3. Prep fish

Pat **fish** dry; rub all over with **oil**. Season with **2 teaspoons BBQ spice** and a **pinch each of salt and pepper**.



4. Broil broccoli & fish

On a rimmed baking sheet, toss **broccoli** with **1 tablespoon oil**; season with a **pinch each of salt and pepper**. Broil on upper oven rack until crisp-tender and starting to brown in spots, about 5 minutes (watch closely as broilers vary).

Place **fish** on same baking sheet and broil until cooked through and broccoli is tender and charred, about 3-5 minutes more.



5. Start rice

Meanwhile, heat **1 tablespoon oil** in a medium ovenproof skillet over medium-high. Add **chopped onions and garlic**; cook, stirring, until onions are golden and softened, about 5 minutes. Add **sour cream, 1 teaspoon Dijon mustard**, and **¼ cup water**; stir to combine. Add **rice**; cook, stirring, until warmed through, 2-3 minutes. Season to taste with **salt and pepper**.



6. Broil cheese & serve

Sprinkle **cheese** over **rice**. Broil on top rack until cheese is melted and browned in spots, 2-3 minutes (watch closely). Sprinkle **chives** over top.

Serve **BBQ-spiced tilapia** with **broccoli** and **cheesy rice**. Enjoy!