

DINNERLY



Low-Cal Stewed Tilapia with Roasted Potatoes & Olives



40min



2 Servings

We're real meat-and-potatoes people, but that doesn't mean we can't get creative with that classic combo. So how about harissa-spiced tilapia and roasted potatoes blanketed in a savory, tomatoey sauce (with some chopped up olives thrown in for good measure)? Sounds like your newest weeknight staple. We've got you covered!

WHAT WE SEND

- 2 potatoes
- 2 plum tomatoes
- 1 oz Kalamata olives
- 10 oz pkg tilapia¹
- ¼ oz harissa spice blend

WHAT YOU NEED

- olive oil
- kosher salt & ground pepper
- sugar
- garlic

TOOLS

- rimmed baking sheet
- medium nonstick skillet

ALLERGENS

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

NUTRITION PER SERVING

Calories 590kcal, Fat 30g, Carbs 48g, Protein 35g



1. Prep veggies

Preheat oven to 450°F with a rack in the lower third.

Scrub **potatoes** and cut crosswise into ½-inch thick rounds. Cut **tomatoes** into 1-inch thick pieces. Finely chop **2 teaspoons garlic**. Coarsely chop **olives**.



2. Roast potatoes

On a rimmed baking sheet, toss **potatoes** with **2 tablespoons oil**. Spread into a single layer and season with **a generous pinch each of salt and pepper**.

Roast on lower oven rack until golden, about 20 minutes. Flip and continue to cook until deeply golden, 10–15 minutes more.



3. Cook tilapia

Pat **tilapia** dry and season each filet all over with **1 teaspoon harissa spice blend** (or more depending on heat preference).

When **potatoes** are returned to oven, heat **1 tablespoon oil** in a medium nonstick skillet over medium-high. Add tilapia and cook until browned and cooked through, 2–3 minutes per side. Transfer to a plate.



4. Make sauce

Heat **1 tablespoon oil** in same skillet; add **tomatoes, olives, and chopped garlic**. Cook, stirring occasionally, until tomatoes just start to break down, 1–2 minutes. Add **½ cup water** and **a pinch of sugar**; bring to a simmer. Cook until tomatoes fully break down, using a spoon to gently crush, and **sauce** has reduced by ⅓, 3–5 minutes. Season to taste with **salt** and **pepper**.



5. Serve

Serve **stewed tilapia** over **potatoes** with **harissa-tomato and olive sauce** spooned over top. Enjoy!



6. Soak it up

Toast some crispy bread with a pat of butter to soak up all the extra tomatoey goodness!