

DINNERLY



Oven-Baked Tilapia & Roasted Brussels Sprouts

with Lemon-Caper Tartar Sauce



40min



2 Servings

Ah, the smell of saltwater in the air, waves crashing on the shore, and a seagull snatching your french fry right out of your hand. There's a lot of great things about the beach (and some not-so-great), but if you can't make the road trip right now, at least you can enjoy those seaside flavors. We took a cue from our friends across the pond to give you the ultimate fish n' chips experience. We've got you covered!

WHAT WE SEND

- 1 oz capers
- 1 lemon
- ½ lb Brussels sprouts
- 1 oz panko ⁴
- 10 oz pkg tilapia ²
- 2 oz mayonnaise ^{1,3}

WHAT YOU NEED

- garlic
- neutral oil
- kosher salt & ground pepper

TOOLS

- grater or microplane
- rimmed baking sheet
- small skillet

ALLERGENS

Egg (1), Fish (2), Soy (3), Wheat (4). May contain traces of other allergens. Packaged in a facility that packages gluten containing products.

NUTRITION PER SERVING

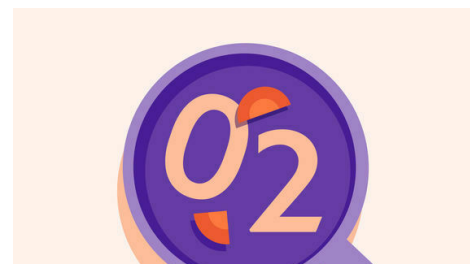
Calories 600kcal, Fat 47g, Carbs 19g, Protein 33g



1. Prep ingredients

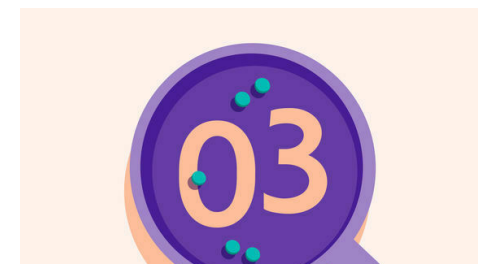
Preheat oven to 425°F with a rack in the upper third.

Finely chop **1 teaspoon garlic**. Finely chop **capers**. Finely grate zest from **lemon** and cut into wedges for serving.



2. BRUSSELS VARIATION

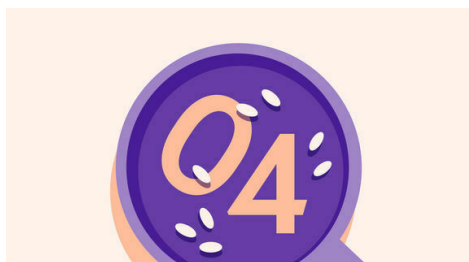
Trim ends from **Brussels sprouts**; remove any tough outer leaves, if necessary. Cut in half (or quarter, if large). Toss on a rimmed baking sheet with **2 tablespoons olive oil**; season with **salt** and **pepper**. Roast on upper oven rack until tender and charred in spots, 10–15 minutes.



3. Make sauce, toast panko

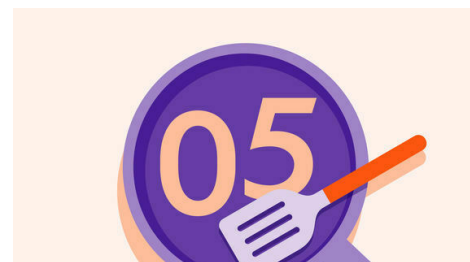
In a small bowl, stir to combine **mayo**, **chopped garlic and capers**, and **lemon zest**. Season to taste with **salt** and **pepper**; set aside until ready to serve.

In a small skillet, stir to combine **1 tablespoon oil** with **panko**. Toast over medium-high heat until golden (watch closely as it will burn easily), 2–3 minutes. Transfer to a bowl and let cool.



4. Bread fish

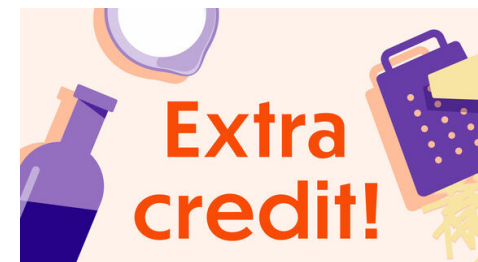
Pat **fish** dry and season all over with **salt** and **pepper**. Spoon **2 teaspoons of the tartar sauce** onto one side of each fillet. Sprinkle **toasted panko** on top and press to adhere.



5. Bake & serve

Flip **Brussels** and push to one side of baking sheet. Place **fish** on open side; bake until fish is cooked through, and Brussels are golden-brown, about 10 minutes.

Serve **oven-baked tilapia and Brussels** with **remaining tartar sauce** on the side and **lemon wedges** for squeezing over. Enjoy!



6. Check us out!

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