

DINNERLY



Chipotle-Lime Tilapia with Roasted Broccoli



20-30min



2 Servings

Don't let this dish fool you—it may look simple with only four ingredients, but it's jam-PACKED with flavor. We took succulent tilapia to the next level with smoky chipotle spice and a squeeze of bright lime juice. And we're featuring broccoli at it's best: roasted in the oven to tender-yet-crunchy-and-slightly-sweet perfection. We've got you covered!

WHAT WE SEND

- ½ lb pkg broccoli
- 1 lime
- ¼ oz pkt chipotle chili powder
- 10 oz pkg tilapia ⁴

WHAT YOU NEED

- neutral oil
- kosher salt & ground pepper
- sugar

TOOLS

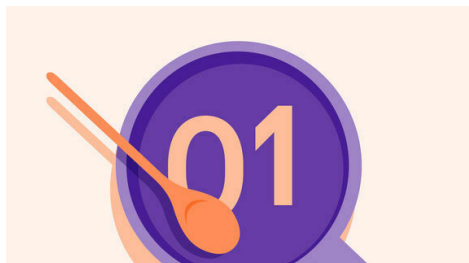
- rimmed baking sheet

ALLERGENS

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

NUTRITION PER SERVING

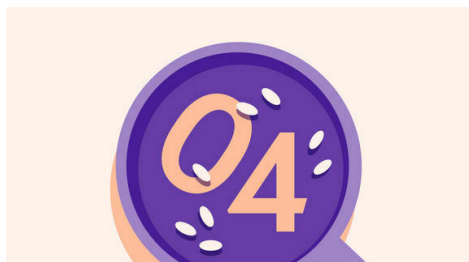
Calories 330kcal, Fat 17g, Carbs 16g, Proteins 33g



1. Start broccoli

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

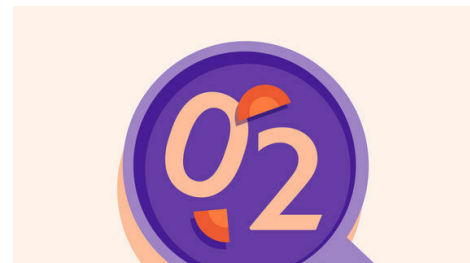
Trim stem ends from **broccoli** and cut into 1-inch florets. On a rimmed baking sheet, toss with **1 tablespoon oil**; season with **salt** and **pepper**. Roast on center oven rack for 5 minutes.



4. Roast tilapia & broccoli

Push **broccoli** to one side of baking sheet. Lightly drizzle **oil** on open side and place **tilapia**, glazed sides up, over top.

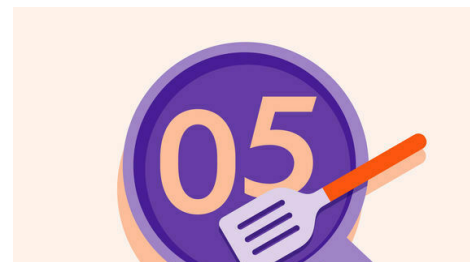
Roast on center oven rack until broccoli is tender and browned in spots and tilapia is cooked through, about 10 minutes.



2. Prep chipotle-lime sauce

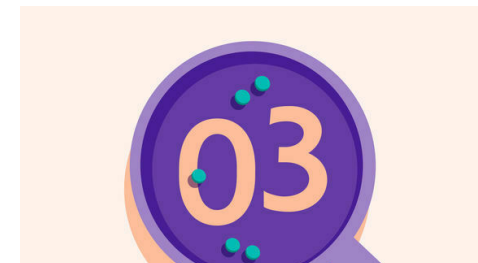
While **broccoli** roasts, squeeze **1 tablespoon lime juice** into a small bowl. Add **1 teaspoon chipotle chili powder** (or more depending on heat preference), **1 tablespoon oil**, **2 teaspoons sugar**, and **½ teaspoon salt**; whisk until combined.

Cut **any remaining lime** into wedges.



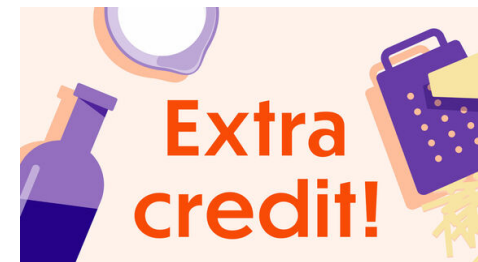
5. Serve

Serve **chipotle-lime tilapia** with **roasted broccoli** alongside and **any lime wedges** for squeezing over top. Enjoy!



3. Glaze tilapia

Pat **tilapia** dry and brush one side of each filet with **chipotle-lime sauce**.



6. Extra hungry?

We know, some days our appetites are just bigger than others. So cook some rice to serve on the side! Bring 1 cup water to a boil in a small saucepan. Add ½ cup rice to boiling water. Reduce heat to medium-low, cover, and simmer until tender, about 17 minutes.