

# DINNERLY



## Low-Cal Brown Butter-Za'atar Tilapia & Orzo

with Chopped Tomatoes & Olives



ca. 20min



2 Servings

What do you get when you smother tilapia with herby za'atar spice and nutty brown butter? Just a little taste of heaven, that's all. With a soft bed of orzo and juicy tomatoes and olives, this is what we'd call ambrosia, Dinnerly-style. We've got you covered!

### WHAT WE SEND

- 1 oz scallions
- 1 plum tomato
- 1 oz Kalamata olives
- 3 oz orzo <sup>1</sup>
- 10 oz pkg tilapia <sup>4</sup>
- ¼ oz za'atar spice blend <sup>11</sup>

### WHAT YOU NEED

- kosher salt & ground pepper
- olive oil
- butter <sup>7</sup>

### TOOLS

- small saucepan
- medium nonstick skillet

### ALLERGENS

Wheat (1), Fish (4), Milk (7), Sesame (11).  
May contain traces of other allergens.  
Packaged in a facility that packages gluten containing products.

### NUTRITION PER SERVING

Calories 570kcal, Fat 31g, Carbs 40g,  
Proteins 36g



#### 1. Prep veggies

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

Quarter **tomatoes** and thinly slice; sprinkle with **salt**.

Slice **olives**.



#### 2. Toast orzo

In a liquid measuring cup, stir together **1¼ cups water** and **½ teaspoon salt**.

Heat **1 tablespoon oil** in a small saucepan over medium-high. Add **orzo**; cook, stirring, until deep golden-brown and toasted, 3–5 minutes.



#### 3. Cook orzo

To saucepan with **orzo**, pour in **salted water** and bring to a boil over high. Reduce heat to medium; simmer, covered, stirring occasionally, until orzo is tender and liquid is evaporated, 12–15 minutes (add more water, a few tablespoons at a time, if necessary). Season to taste with **salt** and **pepper**.



#### 4. Cook fish

Pat **fish** dry and season all over with **za'atar**, **salt**, and **pepper**.

Heat **1 tablespoon oil** in a medium nonstick skillet over medium-high. Add fish and cook until well browned and just cooked through, about 3 minutes per side. Transfer to serving plates.



#### 5. Brown butter & serve

Melt **2 tablespoons butter** in same skillet over medium-high heat, swirling skillet. As butter browns, dark golden flecks will appear and butter will smell nutty and toasty, 2–4 minutes (watch closely). Remove from heat and pour over **fish**.

Serve **brown-butter za'atar tilapia** alongside **orzo**. Sprinkle **tomato**, **olives**, and **scallions** over top. Enjoy!



#### 6. What is orzo?

Orzo is a kind of pasta shaped like a large grain of rice. It can be enjoyed either hot or cold, and goes especially well in pasta salads!