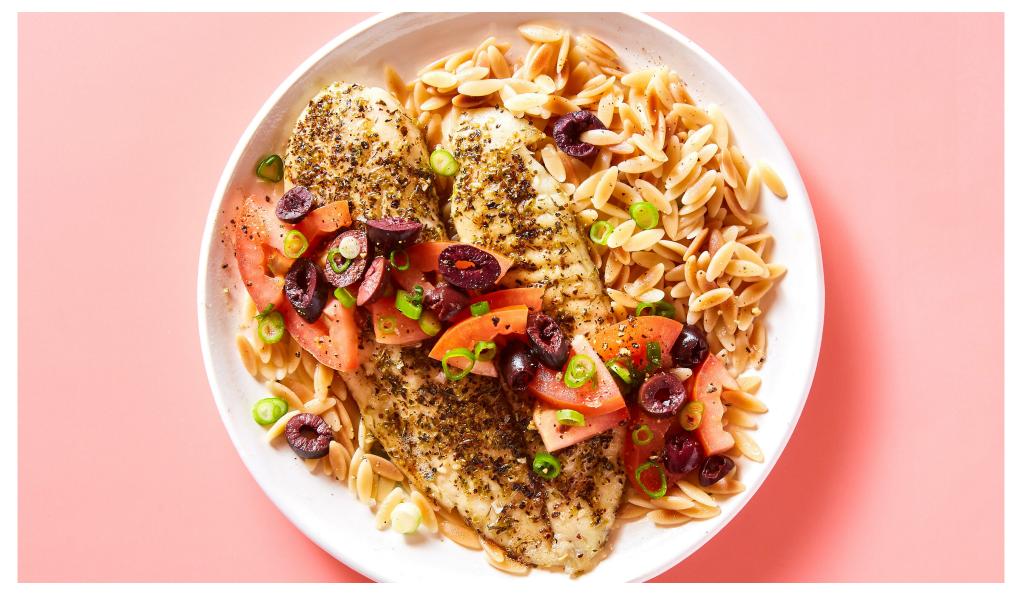
DINNERLY



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

with Chopped Tomatoes & Olives

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!

ca. 20min 🛛 🕺 2 Servings

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WHAT WE SEND

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

WHAT YOU NEED

- kosher salt & ground pepper
- olive oil
- butter ⁷

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!