

# DINNERLY



## Chicken Breasts & Tilapia: Add an Extra Protein Option to your Box!



2 Servings

Whatever flavors you crave, this protein variety pack is ready to make your dreams come true! That's because lean, quick-cooking chicken breasts and tilapia are the food-equivalent to blank canvases. Both can be seasoned with just about whatever herbs, spices, and sauces that you like best! They are also easily added as a protein punch to a salad, grain bowl, or just about any other meal! We've got your PROTEINS covered!

## WHAT WE SEND

- 10 oz pkg tilapia filets <sup>4</sup>
- 10 oz boneless, skinless chicken breast

## WHAT YOU NEED

- Your choice!

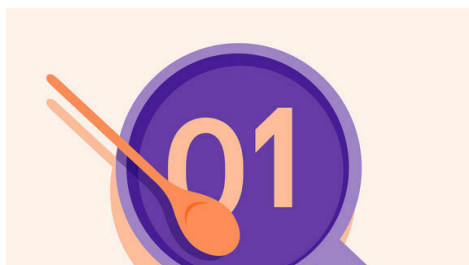
## TOOLS

- choose your own cooking adventure!

## ALLERGENS

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

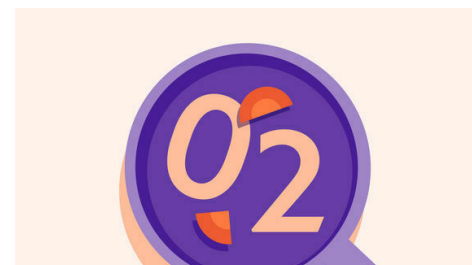
## NUTRITION PER SERVING



### 1. Give it a pound!

Pounding chicken breasts until they're nice and thin does two things: 1) makes for a quick-cook 2) relieves stress.

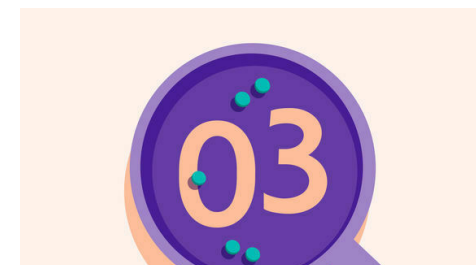
Thin chicken breasts can be dredged in flour and pan-fried in butter or olive oil. Or you can go all in with a full-blown egg wash, flour, breadcrumb situation. Then you've got the basic start to a chicken Milanese or schnitzel.



### 2. Pan roast!

Chicken breasts are great when first seared in a hot skillet and then finished in an oven.

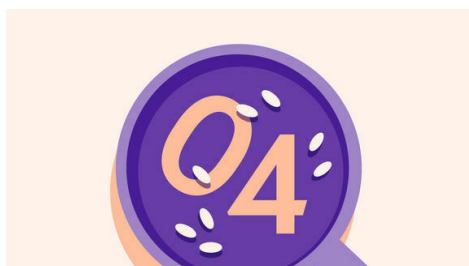
Make it a one-skillet meal by adding your favorite veggies, like sweet potatoes, carrots, or Brussels sprouts!



### 3. Smother 'em!

Beware! Boneless chicken can dry out quickly!

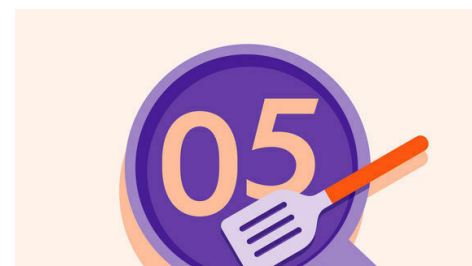
A hot tip for how to keep chicken breasts moist is to get them swimming in some gravy. Use the pan drippings that remain in the skillet for a flavor boost. Add a splash of wine and/or some chicken broth. Really up the ante with a squeeze of citrus or a hit of vinegar to cut the richness. Finish with butter or cream and/or chopped herbs!



### 4. Big, bold tilapia

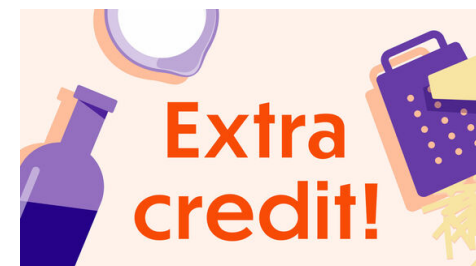
We love tilapia because it is so versatile! It is a very mild flavored fish, which means even the fish haters at your table might give it a chance.

Load it with big, bold flavors. Try lemon butter & thyme or white wine and tarragon. Or use a dry rub, like a spicy Cajun blend or Old Bay!



### 5. Sheet-pan tilapia

Quick-cooking tilapia can be ready in an instant. Make dinnertime even easier on yourself by placing the filets on a sheet pan surrounded by your favorite veggies. Try bell peppers and onions, seasonal sliced squashes or zucchini, sliced potatoes, quartered Brussels sprouts, florets of broccoli or cauliflower, or even hearty greens like kale! Drizzle with olive oil and season before baking!



### 6. Tilapia in a packet!

Bake fish in foil or parchment pouches for a fancy (but simple) take on dinner! The pouches keep all of the flavor in AND prevent the lean fish from drying out. Place individual filets in the center of a piece of foil or parchment - top with your favorite flavors: lemon slices, shallots, fresh herbs, capers, butter, olive oil, or other seasonings. Wrap up tight and place on a sheet pan to bake.

Questions about the recipe? Cooking hotline: **888-267-2850** (Mon - Fri 9AM-9PM)

View the recipe online by visiting your account at [dinnerly.com](https://dinnerly.com)    **#dinnerly**