

DINNERLY



Grass-Fed Ground Beef & Tilapia:

Add an Extra Protein Option to your Box!



2 Servings

This is the perfect pairing of proteins for those that are into reliable, crowd-pleasing meals! Grass-fed ground beef can be easily transformed into the Dinnerly of your dreams: chili, meatballs, burgers, meatloaf, tacos, shepherd's pie, a savory stir-fry! Tilapia is well-loved for its mild flavor, which means it's always a winner! Plus, it's easily baked, pan-fried or broiled! We've got your proteins covered!

WHAT WE SEND

- 10 oz grass-fed ground beef
- 10 oz tilapia ⁴

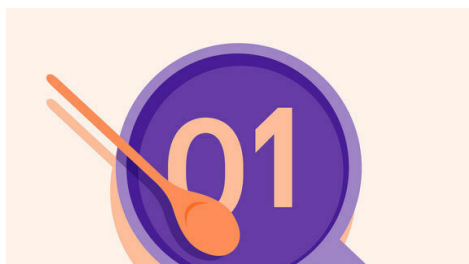
WHAT YOU NEED

TOOLS

ALLERGENS

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

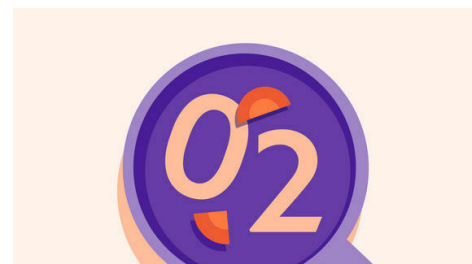
NUTRITION PER SERVING



1. That's a good meatball!

Look, we'd never mess with your Nonna's meatball recipe. So if you've got a go-to, who are we to tell you different. But we love a good, non-red sauce meatball, too. Here are some ideas:

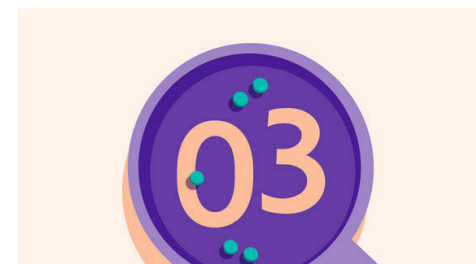
Middle-eastern-inspired kefte; Swedish meatballs in a brown sauce; Spanish-style albondigas.



2. Meatloaf!

People are quick to commit to new food trends. Sure, they're exciting and shiny and new, but, will they be there for you when you really need them? Will they stand the test of time? Meatloaf is dependable and delicious.

If the classic ketchup and onion version doesn't get you going, then kick it up a notch with some sriracha and tamari. Or, go a Tex-Mex route with some taco seasoning.



3. Stuffed burgers!

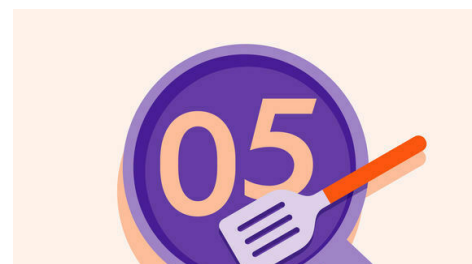
One of our favorite uses of ground beef is burgers. We love how we can experiment with flavor profiles with seasoning, sauces, and toppings! Since everyone loves a cheeseburger, switch it up by stuffing the burger with some cheese, rather than going with the usual slice-on-top method. This way you get a gooey surprise in every bite!



4. Big, bold tilapia

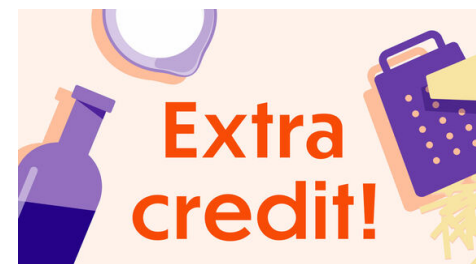
We love tilapia because it is so versatile! It is a very mild flavored fish, which means even the fish haters at your table might give it a chance.

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 it on a sheet pan surrounded by your favorite veggies. Try bell peppers and onions, seasonal sliced squashes or zucchini, or quartered Brussels sprouts or broccoli!



6. Tilapia in a packet!

Make tilapia in foil or parchment packets for a fancy remix on dinner! The packets keep in all of the flavor AND prevent the lean fish from drying out.

Simply place individual filets into the center of a large piece of foil or parchment - top with your favorite flavors: lemon slices, fresh herbs, capers, butter, olive oil, or other seasonings. Wrap up tight and place on a sheet pan to bake.