



# TILAPIA WITH ALMOND-PARSLEY GREMOLATA

plus Green Beans & Garlic Herb Couscous

## INGREDIENTS

2 PERSON | 4 PERSON



1 | 2  
Lemon



1 Clove | 2 Cloves  
Garlic



¼ oz | ½ oz  
Parsley



6 oz | 12 oz  
Green Beans



11 oz | 22 oz  
Tilapia  
Contains: Fish



1 TBSP | 2 TBSP  
Fry Seasoning



2.5 oz | 5 oz  
Israeli Couscous  
Contains: Wheat



2 TBSP | 2 TBSP  
Garlic Herb Butter  
Contains: Milk



½ oz | 1 oz  
Sliced Almonds  
Contains: Tree Nuts



1 tsp | 1 tsp  
Chili Flakes



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### HelloCustom

2 PERSON | 4 PERSON

If you chose to modify your meal, follow the HelloCustom instructions on the flip side of this card.



12 oz | 24 oz  
Cauliflower Rice

Calories: 610

PREP: 10 MIN | COOK: 30 MIN | CALORIES: 690





HELLO

## ALMOND-PARSLEY GREMOLATA

Almonds add a toasty crunch to this classic Italian condiment.

### MAIN SQUEEZE

Adjust the gremolata to taste, adding more lemon for acidity and more garlic for aromatic depth—after all, you're the chef!

### BUST OUT

- Medium pot
- Paper towels
- Zester
- Strainer
- Small bowl
- Medium pan
- Baking sheet
- Kosher salt
- Black pepper
- Olive oil (12 tsp | 20 tsp)
- Cooking oil (1 tsp | 1 tsp)

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\*Tilapia is fully cooked when internal temperature reaches 145°.



### 1 PREP & START GREMOLATA

- Adjust rack to top position (**top and middle positions for 4 servings**) and preheat oven to 425 degrees. Bring a medium pot of **salted water** to a boil. **Wash and dry produce.**
- Finely chop **parsley**. Peel and mince or grate **garlic**. Zest and quarter **lemon (for 4, zest one lemon and quarter both)**.
- In a small bowl, combine parsley, **3 TBSP olive oil (5 TBSP for 4)**, a pinch of garlic, a **pinch of lemon zest**, and **lemon juice** to taste. Season with **salt and pepper**; set aside.

If using cauliflower rice, skip boiling water!



### 4 TOAST ALMONDS

- While couscous cooks, heat a medium, dry pan over medium-high heat. Add **almonds** and toast, stirring occasionally, until golden brown, 2-4 minutes.
- Turn off heat. Transfer to a cutting board; finely chop half the almonds.



### 2 ROAST GREEN BEANS & FISH

- Trim **green beans** if necessary; toss on one side of a baking sheet with a **drizzle of olive oil, salt, and pepper**.
- Pat **tilapia\*** dry with paper towels; rub each fillet with **olive oil**. Season with **Fry Seasoning, salt, and pepper**. Place on empty side of sheet.
- Roast on top rack until green beans are tender and tilapia is cooked through, 12-15 minutes. (**For 4 servings, divide between 2 sheets; roast green beans on top rack and tilapia on middle rack.**)



### 5 FINISH GREMOLATA

- Stir **chopped almonds** into bowl with **gremolata**. Add a **small pinch of chili flakes** if desired. Season with **salt, pepper**, and a **squeeze of lemon juice** to taste.



### 3 COOK COUSCOUS

- Meanwhile, once water is boiling, add **couscous** to pot. Cook until tender, 6-8 minutes. Drain thoroughly and return to pot.
- Add **half the garlic herb butter (all for 4 servings)** to pot with couscous; stir until butter is melted and couscous is coated. Taste and season with **salt and pepper**.
- Turn off heat; keep covered until ready to serve.

Heat a **drizzle of oil** in a medium pot over medium-high heat. Add **cauliflower rice (no need to drain), salt, and pepper**. Cook, stirring occasionally, until tender and any excess liquid has absorbed, 6-8 minutes. Cook through the rest of this step as instructed. (**Save couscous for another use.**)



### 6 FINISH & SERVE

- Divide **couscous, green beans, and tilapia** between plates. Spoon **almond-parsley gremolata** over tilapia. Sprinkle **remaining almonds** over green beans and top with a **pinch of chili flakes** if desired.
- Serve with any **remaining lemon wedges** on the side.