



LEBANESE-STYLE TILAPIA & TURMERIC RICE

with Lemony Roasted Carrots, Hazelnuts & Parsley

INGREDIENTS

2 PERSON | 4 PERSON



½ Cup | 1 Cup
Jasmine Rice



1 tsp | 1 tsp
Turmeric



1 | 2
Seafood Stock Concentrate
Contains: Fish, Shellfish



6 oz | 12 oz
Carrots



1 | 2
Red Onion



1 | 2
Lemon



½ oz | 1 oz
Hazelnuts
Contains: Tree Nuts



¼ oz | ½ oz
Parsley



11 oz | 22 oz
Tilapia
Contains: Fish



1 tsp | 2 tsp
Garlic Powder



1 tsp | 1 tsp
Cumin



ANY ISSUES WITH YOUR ORDER?
WE'D BE SIMMERING LIKE STEW OVER
THERE TOO. SCAN HERE TO GET HELP!

HELLO

SAYADIEH

This recipe is inspired by the traditional fish and rice dish sayadieh, popular in Lebanon and along the eastern Mediterranean coast.



PREP: 10 MIN | COOK: 35 MIN | CALORIES: 550



WE PROPOSE A TOAST

To enhance the hazelnuts' flavor, toast them in a small dry pan over medium heat, shaking pan frequently, 2-3 minutes, then let cool and roughly chop. Keep a watchful eye, they can burn quickly!

BUST OUT

- Small pot
 - Baking sheet
 - Peeler
 - Paper towels
 - Zester
 - Large pan
-
- Kosher salt
 - Black pepper
 - Cooking oil (4 tsp | 4 tsp)
 - Sugar (¼ tsp | ½ tsp)

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



1 COOK RICE

- Adjust rack to top position and preheat oven to 425 degrees.
- Heat a **drizzle of oil** in a small pot over medium-high heat. Add **rice** and **half the turmeric (all for 4 servings)**. Cook, stirring, until fragrant, 20-30 seconds.
- Stir in **stock concentrate**, **¾ cup water (1½ cups for 4)**, and a **pinch of salt**. Bring to a boil, then cover and reduce to a low simmer. Cook until tender, 15-18 minutes.
- Keep covered off heat until ready to serve.



3 COOK TILAPIA

- Meanwhile, pat **tilapia*** dry with paper towels; season generously all over with **garlic powder**, **half the cumin (all for 4 servings)**, **salt**, and **pepper**.
- Heat a **large drizzle of oil** in a large pan over medium-high heat. Add tilapia and cook until browned and cooked through, 4-6 minutes per side. **TIP: Lower heat to medium if fish starts to brown too quickly.**



2 PREP & ROAST VEGGIES

- While rice cooks, **wash and dry produce**.
- Trim, peel, and cut **carrots** on a diagonal into ¼-inch-thick pieces. Halve, peel, and slice **onion** into ¼-inch-thick wedges. Zest and quarter **lemon**. Roughly chop **hazelnuts**. Roughly chop **parsley**.
- Toss carrots and onion on a baking sheet with a **drizzle of oil**, **¼ tsp sugar (½ tsp for 4 servings)**, a **squeeze of lemon juice**, **salt**, **pepper**, and as much **lemon zest** as you like. Roast on top rack until tender, 15-20 minutes.



4 SERVE

- Divide **rice** and **roasted veggies** between plates or shallow bowls in separate sections. Top rice with **tilapia**; sprinkle with **hazelnuts** and **parsley**. Serve with **remaining lemon wedges** on the side.