



TILAPIA & ALMOND PARSLEY GREMOLATA

with Carrots & Garlic Herb Couscous



HELLO

ALMOND PARSLEY GREMOLATA

Almonds add delicious crunch and toasty flavor to this bright Italian chopped herb condiment.

PREP: 10 MIN | TOTAL: 30 MIN | CALORIES: 730



Lemon



Parsley



Tilapia
(Contains: Fish)



Israeli Couscous
(Contains: Wheat)



Sliced Almonds
(Contains: Tree Nuts)



Garlic



Carrots



Fry Seasoning



Garlic Herb Butter
(Contains: Milk)



Chili Flakes

START STRONG

Adjust the gremolata to taste in step 1, adding more lemon for acidity and more garlic for aromatic depth—you're the chef, after all!

BUST OUT

- Medium pot
- Strainer
- Peeler
- Medium pan
- Zester
- Kosher salt
- Small bowl
- Black pepper
- Baking sheet
- Paper towels
- Olive oil (11 tsp | 17 tsp)

INGREDIENTS

Ingredient **2-person** | **4-person**

- Parsley ¼ oz | ½ oz
- Garlic 1 Clove | 1 Clove
- Lemon 1 | 1
- Carrots 12 oz | 24 oz
- Tilapia* 11 oz | 22 oz
- Fry Seasoning 1 TBSP | 2 TBSP
- Israeli Couscous ½ Cup | 1 Cup
- Garlic Herb Butter 2 TBSP | 4 TBSP
- Sliced Almonds ½ oz | 1 oz
- Chili Flakes 1 tsp | 1 tsp

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



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 all produce.** Finely chop **parsley**. Peel and mince or grate **garlic**. Zest and quarter **lemon**. Trim, peel, and cut **carrots** on a diagonal into ½-inch-thick pieces. In a small bowl, combine parsley, **3 TBSP olive oil** (5 TBSP for 4), a pinch of both garlic and **lemon zest**, and **lemon juice** to taste. Season with **salt** and **pepper**; set aside.



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 CARROTS & FISH

Toss **carrots** on one side of a baking sheet with a drizzle of **olive oil**, **salt**, and **pepper**. (For 4 servings, spread out across sheet.) Roast on top rack for 8 minutes. Meanwhile, pat **tilapia** dry with paper towels; rub all over with **olive oil**, **Fry Seasoning**, **salt**, and **pepper**. Once carrots have roasted 8 minutes, carefully add tilapia to empty side of same sheet. Roast until carrots are browned and tender and tilapia is cooked through, 12-15 minutes more. (For 4, add tilapia to a separate sheet; roast 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, add **couscous** to pot of boiling water. Cook until tender, 6-8 minutes. Drain thoroughly. Melt **garlic herb butter** in empty pot over medium heat. Return cooked couscous to pot and stir until coated. Taste and season with **salt** and **pepper**. Turn off heat; keep covered until ready to serve.



6 FINISH & SERVE

Divide **couscous**, **carrots**, and **tilapia** between plates. Spoon **almond parsley gremolata** over tilapia. Scatter remaining **almonds** over carrots; add a pinch of **chili flakes** if desired. Serve with any remaining **lemon wedges** on the side.

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Next time, try making gremolata to pair with lamb or chicken.

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