



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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HELLO

ALMOND PARSLEY GREMOLATA

Almonds add a toasty crunch to this classic Italian condiment.

PREP: 10 MIN | COOK: 30 MIN | CALORIES: 700



MAIN SQUEEZE

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

BUST OUT

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

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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.



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.
- Melt **half the garlic herb butter (all for 4 servings)** in empty pot over medium heat. Return 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, green beans, and tilapia** between plates. Spoon **almond parsley gremolata** over tilapia. Scatter **remaining almonds** over green beans and top with a **pinch of chili flakes** if desired. Serve with any **remaining lemon wedges** on the side.

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