



TUNISIAN-SPICED TILAPIA WITH CHERMOULA

plus Jeweled Rice & Garlicky Green Beans

INGREDIENTS

2 PERSON | 4 PERSON



¾ Cup | 1½ Cups
Jasmine Rice



1 TBSP | 2 TBSP
Tunisian Spice Blend



¼ oz | ½ oz
Parsley



1 | 2
Lemon



1 | 2
Jalapeño



6 oz | 12 oz
Green Beans



1 tsp | 2 tsp
Garlic Powder



11 oz | 22 oz
Tilapia
Contains: Fish



1 oz | 2 oz
Golden Raisins



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HelloCustom

2 PERSON | 4 PERSON

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12 oz | 24 oz
Cauliflower Rice

Calories: 510

PREP: 10 MIN | COOK: 35 MIN | CALORIES: 730



HELLO


TUNISIAN SPICE BLEND

An aromatic blend spotlighting caraway, smoked paprika, and turmeric

GO FISH

If your tilapia starts to char on the surface before it's done in the center, lower the heat so it cooks more evenly.

BUST OUT

- Small pot
- Baking sheet
- Zester
- Paper towels
- Small bowl
- Large pan
- Kosher salt
- Black pepper
- Olive oil (1½ TBSP | 3 TBSP)
- Cooking oil (2 tsp | 2 tsp) (1 tsp | 1 tsp) 
- Butter (1 TBSP | 2 TBSP)
Contains: Milk

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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. **Wash and dry produce.**
- In a small pot, combine **rice**, **1¼ cups water** (**2¼ cups for 4 servings**), **1 tsp Tunisian Spice Blend** (**2 tsp for 4**), and a **pinch of salt**. (You'll use the rest of the spice blend later.) Bring to a boil, then cover and reduce to a low simmer. Cook until rice is tender, 15-18 minutes. Keep covered off heat until ready to serve.

-  Heat a **drizzle of oil** in a small pot over medium-high heat. Add **cauliflower rice** (**no need to drain**), **1 tsp Tunisian Spice Blend** (**2 tsp for 4 servings**), **salt**, and **pepper**. Cook, stirring occasionally, until tender and any excess liquid has absorbed, 6-8 minutes. Keep covered off heat until ready to serve. (Save **jasmine rice for another use.**)



4 ROAST GREEN BEANS

- Toss **green beans** on a baking sheet with a **drizzle of oil**, **remaining garlic powder**, **salt**, and **pepper**.
- Roast on top rack until browned and tender, 12-15 minutes.



2 PREP

- While rice cooks, mince **parsley**. Zest and quarter **lemon**. Halve **jalapeño**, removing ribs and seeds for less heat; mince jalapeño. Trim **green beans** if necessary.



5 COOK TILAPIA

- Meanwhile, pat **tilapia*** dry with paper towels; season all over with **remaining Tunisian Spice Blend**, **salt**, and **pepper**.
- Heat a **drizzle of oil** in a large, preferably nonstick, pan over medium-high heat. Add tilapia and cook until browned and cooked through, 4-6 minutes per side.
- Remove pan from heat.



3 MAKE CHERMOULA

- In a small bowl, combine **parsley**, **1½ TBSP olive oil** (**3 TBSP for 4 servings**), **¼ tsp garlic powder** (**½ tsp for 4**), **salt**, and **pepper**. (You'll use the rest of the garlic powder in the next step.)
- Stir in **lemon juice** to taste and as much **jalapeño** as you like.



6 FINISH & SERVE

- Fluff **rice** with a fork; stir in **raisins**, **lemon zest**, and **1 TBSP butter** (**2 TBSP for 4 servings**) until combined. Season with **salt** and **pepper** to taste.
- Divide **tilapia**, **green beans**, and rice between plates. Spoon **chermoula** over tilapia and serve with any **remaining lemon wedges** on the side.