

INGREDIENTS 2 PERSON | 4 PERSON 34 Cup | 11/2 Cups Jasmine Rice 1 TBSP | 2 TBSP 1/4 oz 1/2 oz Tunisian Spice Parsley Blend 1 | 2 Jalapeño 🌶 1 2 6 oz | 12 oz Lemon Green Beans **1 tsp | 2 tsp** Garlic Powder 1 oz | 2 oz 11 oz | 22 oz Tilapia Golden Raisins **Contains:** Fish ANY ISSUES WITH YOUR ORDER? WE'D BE SIMMERING LIKE STEW OVER



5

THERE TOO. SCAN HERE TO GET HELP!

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 S Cauliflower Rice Calories: 510

TUNISIAN-SPICED TILAPIA WITH CHERMOULA

plus Jeweled Rice & Garlicky Green Beans



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

• Baking sheet

• Paper towels

Large pan

- Small pot
- Zester
- Small bowl
- Kosher salt
- Black pepper
- Olive oil (1½ TBSP | 3 TBSP)
- Cooking oil (2 tsp | 2 tsp) (1 tsp | 1 tsp) (5)
- Butter (1 TBSP | 2 TBSP)
 Contains: Milk

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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

powder, salt, and pepper.

tender. 12-15 minutes.

• Toss green beans on a baking sheet

• Roast on top rack until browned and

with a drizzle of oil, remaining garlic



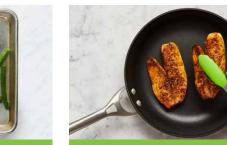
2 PREP

 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.



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.



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.



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.

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