



More than Food

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## Coconut & Macadamia-Crusted Tilapia

with Zucchini, Red Bell Pepper, and Cilantro-Lime Forbidden Rice



We're channeling the islands with this Hawaiian-inspired fish dish tonight. Aloha, coconut and macadamia nuts! These rich, nutty ingredients team up for a deliciously crunchy coating on delicate tilapia filets.



35 min



level 2



gluten free



dairy free



eat me first



Tilapia



Shredded Coconut



Macadamia Nuts



Black Forbidden Rice



Red Bell Pepper



Zucchini



Chili Powder



Lime



Cilantro

## Ingredients

	2 People	4 People
Tilapia	1)	24 oz
Shredded Coconut	¼ cup	½ cup
Macadamia Nuts	2)	2 oz
Black Forbidden Rice	¾ cup	1½ cups
Red Bell Pepper	1	2
Zucchini	1	2
Chili Powder	1 t	2 t
Lime	1	2
Cilantro	1 bunch	2 bunches
Olive Oil*	1 ½ T	3 T

\*Not Included

## Allergens

- 1) Fish
- 2) Tree Nuts

## Tools

Small Pot, Small Bowl,  
Large Pan, Baking Sheet,  
Strainer

**Nutrition per person** Calories: 764 cal | Carbs: 74 g | Fat: 34 g | Protein: 48 g | Fiber: 14 g

Ruler

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**1** Preheat oven to 400 degrees. Bring **2 cups water**, the **forbidden rice**, and a large pinch of **salt** to a boil in a small pot. Cover and reduce to a simmer for 30-35 minutes, until tender. Drain any excess water.

**2** Meanwhile, **prep your ingredients**: halve, seed, and remove the white veins from the **bell pepper**, then thinly slice. Cut the **zucchini** into ¼-inch thick matchsticks. Finely chop the **macadamia nuts**. Chop the **cilantro**. Cut the **lime** into wedges.



**3** Make the **coconut-macadamia crust**: in a small bowl, combine the **coconut**, **macadamia nuts**, **half the chili powder**, and a pinch of **salt** and **pepper**. **HINT**: If you have a food processor handy, feel free to pulse the coconut-macadamia crust a couple times until coarse.

**4** Place the **tilapia** on a lightly oiled baking sheet, then coat the fillets with ½ tablespoon **olive oil** and a pinch of **salt** and **pepper**. Press the **coconut-macadamia mixture** onto the topside of the fish to adhere. Place baking sheet in the oven for 10-12 minutes, until opaque and easily flakes with a fork.



**5** **Sauté the vegetables**: meanwhile, heat 1 tablespoon **olive oil** in a large pan over medium-high heat. Add the **zucchini** and **bell pepper** and cook, tossing, 7-10 minutes, until softened and slightly caramelized. Season with **salt**, **pepper**, and **chili powder (to taste)**.



**6** Toss **half the cilantro** and a few squeezes of **lime** into the **forbidden rice**. Season with **salt** and **pepper**.

**7** Plate the **cilantro-lime forbidden rice**, then top with the **sautéed vegetables** and **tilapia**. Sprinkle with **remaining cilantro** and serve with a wedge of **lime**. Enjoy!