



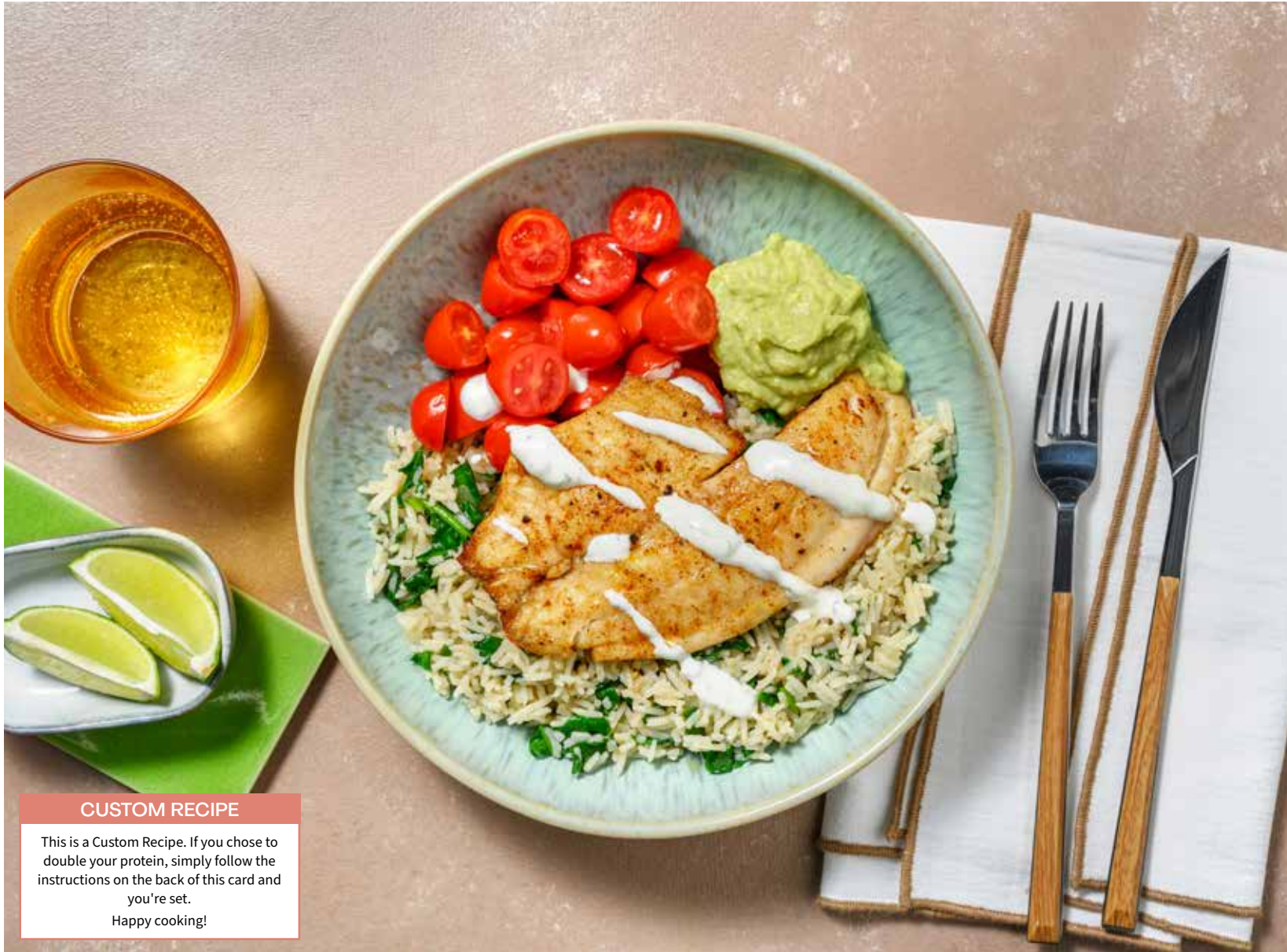
Baja Tilapia

with Mexican Rice

Family Friendly 30 Minutes



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- Tilapia Fillets
- Double Tilapia Fillets
- Basmati Rice
- Baby Spinach
- Onion, chopped
- Lime
- Sour Cream
- Mexican Seasoning
- Guacamole
- Baby Tomatoes

CUSTOM RECIPE

This is a Custom Recipe. If you chose to double your protein, simply follow the instructions on the back of this card and you're set.
Happy cooking!

HELLO TILAPIA

Mild, buttery, sustainable and high in omega-3s!

Start here

Before starting, wash and dry all produce.

Measurements within steps **1 tbsp** (2 person) **(2 tbsp)** (4 person) **oil** (Ingredient)

Bust out

Medium bowl, measuring spoons, zester, medium pot, small bowl, measuring cups, large non-stick pan, paper towels

Ingredients

| | 2 Person | 4 Person |
|------------------------|----------|----------|
| Tilapia Fillets | 300 g | 600 g |
| Double Tilapia Fillets | 600 g | 1200 g |
| Basmati Rice | ¾ cup | 1 ½ cups |
| Baby Spinach | 56 g | 113 g |
| Onion, chopped | 56 g | 113 g |
| Lime | 1 | 1 |
| Sour Cream | 3 tbsp | 6 tbsp |
| Mexican Seasoning | 2 tbsp | 4 tbsp |
| Guacamole | 3 tbsp | 6 tbsp |
| Baby Tomatoes | 113 g | 227 g |
| Unsalted Butter* | 2 tbsp | 4 tbsp |
| Oil* | | |
| Salt and Pepper* | | |

* Pantry items

** Cook to a minimum internal temperature of 70°C/158°F, as size may vary.

Allergens

Hey home cooks! Please refer to the website or app for the as-prepared recipe nutritional information.

Ingredients are packaged in a facility that also handles egg, fish, crustacean, shellfish, milk, mustard, peanuts, sesame, soy, sulphites, tree nuts and wheat.



1 Prep

- Zest, then juice **half the lime**.
- Cut **remaining lime** into wedges.
- Roughly chop **spinach**.
- Halve **tomatoes**.



4 Cook tilapia

- Pat **tilapia** dry with paper towels. Season with **salt, pepper** and **remaining Mexican Seasoning**.
- Heat a large non-stick pan over medium heat. When hot, add **1 tbsp** (2 tbsp) **butter**, then **tilapia**. Cook until golden-brown and cooked through, 4-5 min per side.**

If you've opted for **double tilapia**, prepare and cook it in the same way the recipe instructs you to prepare and cook the regular portion of **tilapia**. Work in batches, if necessary.



2 Cook rice

- Heat a medium pot over medium-high heat.
- When hot, add **1 tbsp** (2 tbsp) **oil**, then **onions, rice** and **half the Mexican Seasoning**.
- Cook, stirring often, until fragrant, 1-2 min. Add **1 ¼ cups** (2 ½ cups) **water** and bring to a boil over high heat.
- Once boiling, reduce heat to low. Cover and cook until **rice** is tender and **liquid** is absorbed, 12-14 min.
- Remove from heat. Set aside, still covered.



5 Finish and serve

- Fluff **rice** with a fork, then add **spinach** and **1 tbsp** (2 tbsp) **butter**. Season with **salt** and **pepper**.
- Stir until **spinach** is wilted, 1 min.
- Divide **rice** between plates.
- Top with **tilapia, tomatoes** and **guacamole**.
- Drizzle with **crema**.
- Squeeze a **lime wedge** over top, if desired.



3 Make crema and dress tomatoes

- Meanwhile, add **sour cream**, **½ tbsp** (1 tbsp) **lime juice** and **¼ tsp** (½ tsp) **lime zest** to a small bowl. Season with **salt** and **pepper**, then stir to combine.
- Stir in **water**, **1 tsp** at a time, until **mixture** reaches a drizzling consistency.
- Add **tomatoes, remaining lime juice** and **⅛ tsp** (¼ tsp) **sugar** to a medium bowl. Toss to coat.



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Dinner Solved!