



TILAPIA WITH ALMOND PARSLEY GREMOLATA

plus Green Beans & Garlic Herb Couscous



HELLO

ALMOND PARSLEY GREMOLATA

Almonds add delicious crunch and toasty flavor to this classic Italian condiment.

PREP: 10 MIN | **TOTAL: 30 MIN** | **CALORIES: 710**



Lemon



Parsley



Tilapia
(Contains: Fish)



Israeli Couscous
(Contains: Wheat)



Sliced Almonds
(Contains: Tree Nuts)



Garlic



Green Beans



Fry Seasoning



Garlic Herb Butter
(Contains: Milk)



Chili Flakes

START STRONG

Adjust the gremolata to taste in step 1, adding more lemon for acidity and more garlic for aromatic depth—you're the chef after all!

BUST OUT

- Medium pot
- Zester
- Small bowl
- Baking sheet
- Paper towels
- Strainer
- Olive oil (4 TBSP | 6 TBSP)
- Medium pan
- Kosher salt
- Black pepper

INGREDIENTS

Ingredient **2-person** | **4-person**

- Lemon **1** | **2**
- Garlic **2 Cloves** | **4 Cloves**
- Parsley **¼ oz** | **½ oz**
- Green Beans **6 oz** | **12 oz**
- Tilapia* **11 oz** | **22 oz**
- Fry Seasoning **1 TBSP** | **2 TBSP**
- Israeli Couscous **½ Cup** | **1 Cup**
- Garlic Herb Butter **2 TBSP** | **4 TBSP**
- Sliced Almonds **½ oz** | **1 oz**
- Chili Flakes **1 tsp** | **1 tsp**

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



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 all produce.** Zest and quarter **lemon** (for 4, zest 1 lemon and quarter both). Mince or grate **garlic**. Finely chop **parsley**. In a small bowl, combine parsley, **3 TBSP olive oil** (5 TBSP for 4), a pinch of garlic and **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

Toss **green beans** on one side of a baking sheet with a drizzle of **olive oil**, **salt**, and **pepper**. Pat **tilapia** dry with paper towels; rub all over with **olive oil**, **Fry Seasoning**, **salt**, and **pepper**. Place on empty side of same sheet. Roast on top rack until tilapia is cooked through and green beans are tender, 12-15 minutes. (For 4 servings, divide between 2 baking 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 **garlic herb butter** 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; add a pinch of **chili flakes** if desired. Serve with any remaining **lemon wedges** on the side.

SAUCE IT HERE

Next time, try making gremolata to pair with lamb or chicken.



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