

GREEN CHEF

LEMON-BUTTER TILAPIA

Mashed potatoes with artichokes, roasted brown sugar carrots

COOK TIME 30 MIN servings 2 **CALORIES PER SERVING** 690

Savory, citrusy, and surprisingly simple, the pan sauce that graces tonight's tilapia is one for the books. It's made by swirling a knob of butter with white balsamic vinegar and a squeeze of fresh lemon juice – the perfect complement to the rich, flaky fillets. Swoon-worthy sides of mashed potatoes (marbled with dill-flecked sour cream and briny artichokes) and herby roasted carrots complete the decadent dish.

If you ordered the 4-serving version of this meal, refer to the guidelines in Step 1.



Certified gluten-free by the Gluten Intolerance Group's Gluten-Free Safe Spot Program.

GREEN CHEF IS PROUD to be a USDA Certified Organic company. All produce and eggs are organic unless otherwise labeled.

INGREDIENTS (8 ITEMS)

9 oz	Yellow potatoes
2 whole	Carrots
1 ¼ oz	Artichoke hearts
1 whole	Lemon
1 tbsp	Brown sugar with herbs
2 (5 oz)	Tilapia fillets* 🕞
2 ¼ oz	Sour cream with Iemon & dill M
1 ½ oz	Seasoned white balsamic vinegar

WHAT YOU'LL NEED

medium pot medium nonstick pan baking sheet mixing bowls measuring cup & spoons strainer peeler microplane potato masher thermometer oven mitt cooking oil 2 tbsp butter M salt & pepper

ALLERGENS

F FISH (tilapia) M MILK

*Tilapia is fully cooked when internal temperature reaches 145 degrees and it easily flakes with a fork.

MENU

GLUTEN-FREE

Wash and dry fresh produce. Wash hands and surfaces after handling raw fish. Consuming raw or undercooked fish may increase your risk of foodborne illness. Go to greenchef.com/faq for safe cooking guidelines and to learn more about food allergens. Questions? Contact us at (888) 236-7295.

COOK POTATOES

- Preheat oven to 400 degrees.
- Peel yellow potatoes* if desired. Large dice into pieces, about 34 inch each.
- Place potatoes in a medium pot. Cover with at least 2 inches cold, lightly salted water. Bring to a boil. Cook 16-20 minutes, or until fork-tender.
- Reserve about ½ cup cooking water. Strain **potatoes**; shake off excess water. Return to pot.

*The ingredient you received may be a different color.

OKING AD

If you ordered the 4-serving version of this meal, modify this recipe by doubling the measurements (where it makes sense) and using bigger pots, pans, and bowls.

) PREP

- $^{\rm O}$ Cut tops off **carrots** and peel. Slice across at an angle into pieces, about 1⁄4 inch thick.
- Roughly chop **artichoke hearts**.
- Zest whole lemon with a microplane (or on small holes of a box grater) over a small bowl. Quarter lemon.

SEASON & ROAST CARROTS

- Place **carrots** in a medium bowl. Drizzle with about 1 ½ tablespoons cooking oil. Season with **brown sugar with herbs**, salt, and pepper. Stir to coat.
- Spread **carrots** out in a single layer on a lightly oiled, foil-lined baking sheet. Roast 14-16 minutes, or until fork-tender, stirring halfway through.

SEASON & COOK FISH

- Pat **tilapia fillets** dry with paper towels. Season with salt and pepper.
- Heat about 1 ½ tablespoons cooking oil in a medium nonstick pan over medium heat.
 Add tilapia to hot pan. Sear 2-3 minutes on each side, or until tilapia is fully cooked.
- Transfer **tilapia** to a cutting board.

🗧 MASH POTATOES & ARTICHOKES

 Add artichokes, sour cream with lemon and dill, and about half of the lemon zest to pot with potatoes. Mash with a potato masher (or fork) into a chunky consistency.* Salt and pepper to taste. Stir to combine.

*If the mixture is too thick, add reserved potato cooking water a tablespoon at a time until the desired consistency is reached.

MAKE PAN SAUCE

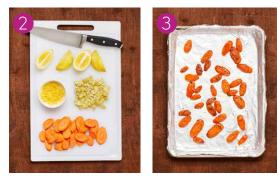
- Return pan used for tilapia to stovetop over medium-low heat. Add seasoned white balsamic vinegar and 2 tablespoons butter to hot pan. Cook 1-2 minutes, or until butter melts, stirring frequently.*
- Remove from heat. Squeeze juice from 1-2 lemon wedges over pan, avoiding seeds.
 Salt and pepper to taste. Stir to combine.

*Be sure to scrape up any browned bits in the bottom of the pan as you stir – those unassuming specks are full of concentrated flavor and will add additional richness to your sauce.

PLATE YOUR DISH

 Divide tilapia between plates. Spoon lemon-butter pan sauce over top. Sprinkle with remaining lemon zest. Serve creamy mashed potatoes with artichokes and roasted brown sugar carrots on the side. Garnish with remaining lemon wedges. Enjoy!











Nutrition Facts

2 Servings per container **Serving size**

Amount per serving

Calories

% Daily Value*
50%
70%
35%
20%
20%
29%
8%
0%
8%
15%
25%

* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

All ingredients in this recipe:

Tilapia [tilapia], **Seasoned White Balsamic Vinegar** (White Balsamic Vinegar [aged white wine vinegar and must of white grapes], Sea Salt, Granulated Garlic, Lemon Juice [lemon], Parsley), **Lemon**, **Yellow Potatoes**, **Artichoke Hearts** [hearts of artichokes, water, salt, citric acid], **Lemon-Dill Sour Cream** (Sour Cream [cultured cream], Granulated Garlic, Lemon Juice [lemon], Black Pepper, Dried Dill, Sea Salt), **Carrots**, **Brown Sugar With Herbs** (Granulated Garlic, Brown Sugar [organic raw cane sugar, organic molasses], Dried Thyme, Dried Rosemary, Dried Oregano)

Allergen information:

Contains Fish And Milk

Allergens may be reflected in pantry items listed in the "What You'll Need" section of the recipe card.

Manufactured on equipment that processes products containing egg, fish/shellfish, milk, sesame, soy, peanuts, and tree nuts.

(550g)