



**GREEN  
CHEF**

# LEMON-BUTTER TILAPIA

*Mashed potatoes with artichokes, roasted brown sugar carrots*

## COOK TIME

30 MIN

## SERVINGS

2

## CALORIES PER SERVING

690

## MENU

GLUTEN-FREE

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.

## 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\*** **F**  
2 ¼ oz **Sour cream with lemon & 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



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.

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

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](https://www.greenchef.com/faq) for safe cooking guidelines and to learn more about food allergens. Questions? Contact us at (888) 236-7295.



## 1 COOK POTATOES

- Preheat oven to 400 degrees.
- Peel **yellow potatoes**\* if desired. Large dice into pieces, about ¾ 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.*

COOKING FOR  
4

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.

## 2 PREP

- Cut tops off **carrots** and peel. Slice across at an angle into pieces, about ¼ 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**.

## 3 SEASON &amp; 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.

## 4 SEASON &amp; 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.

## 5 MASH POTATOES &amp; 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.*

## 6 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.*

## 7 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** (550g)

**Amount per serving**

**Calories** 690

	% Daily Value*
<b>Total Fat</b> 39g	50%
Saturated Fat 14g	70%
Trans Fat 0g	
<b>Cholesterol</b> 105mg	35%
<b>Sodium</b> 460mg	20%
<b>Total Carbohydrate</b> 54g	20%
Dietary Fiber 8g	29%
Total Sugars 16g	
Includes 4g Added Sugars	8%
<b>Protein</b> 33g	
Vitamin D 0mcg	0%
Calcium 102mg	8%
Iron 3mg	15%
Potassium 1090mg	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.*