



# LEMON-PEPPERED TILAPIA WITH AÏOLI

*Herb-roasted potatoes, sautéed green beans & red peppers*

<b>COOK TIME</b> 35 MIN	<b>SERVINGS</b> 2	<b>CALORIES PER SERVING</b> 910	<b>MENU</b> GLUTEN-FREE
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Flaky, pan-seared tilapia fillets positively shine with a dusting of lemon-pepper herbs and a bit of melty, golden butter in tonight's seafood dinner. For added richness, a drizzle of lemon-infused aïoli lends creamy, citrusy overtones to the rich fish. Heaps of herb-roasted potatoes and snappy sautéed green beans with roasted red peppers make the perfect accompaniments on the side.

## INGREDIENTS (8 ITEMS)

2 (5 oz)	<b>Tilapia fillets</b> <span>F</span>
1 tsp	<b>Lemon-pepper herb blend</b>
13 ¾ oz	<b>Yellow potatoes</b>
½ tsp	<b>Thyme &amp; rosemary seasoning</b>
6 oz	<b>Green beans</b>
2 ¼ oz	<b>Roasted red peppers</b>
1 whole	<b>Yellow onion</b>
2 ¾ oz	<b>Lemon aïoli</b> <span>E</span> <span>S</span>

## WHAT YOU'LL NEED

large sauté pan  
large nonstick pan  
baking sheet  
large bowl  
measuring spoons  
thermometer  
oven mitt  
cooking oil  
1 tbsp butter M  
salt & pepper

## ALLERGENS

<span>F</span> FISH (tilapia)	<span>E</span> EGGS
<span>S</span> SOY	<span>M</span> 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 Food Service (GFFS) program.

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

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

## PREP

- Preheat oven to 400 degrees.
- Halve **yellow potatoes\*** lengthwise. Lay flat and cut lengthwise into wedges, about ½ inch thick.
- Trim stem ends off **green beans**. Cut into pieces, about ½ inch long.
- Cut ends off **yellow onion** and discard peel. Halve lengthwise. Lay one half flat and medium dice into pieces, about ½ inch each (reserve remaining half for another use).

*\*Your potatoes may be a different color. Either way, this dish will still be delicious!*

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

## SEASON & ROAST POTATOES

- Place **potatoes** in a large bowl. Drizzle with about 1 ½ tablespoons cooking oil. Season with **thyme and rosemary seasoning**, about ½ teaspoon salt, and about ¼ teaspoon pepper. Stir to coat.
- Spread **potatoes** out in a single layer on a lightly oiled, foil-lined baking sheet. Roast 18-20 minutes, or until fork tender, stirring halfway through.



3

## SAUTÉ VEGGIES

- Heat about 1 ½ tablespoons cooking oil in a large sauté pan over medium heat. Add **green beans**, **onion**, and **roasted red peppers** to hot pan. Season with about ½ teaspoon salt and about ¼ teaspoon pepper. Cook 5-6 minutes, or until green beans are tender, stirring occasionally.



4

## SEASON & COOK TILAPIA

- Pat **tilapia fillets** dry with paper towels. Season with **lemon-pepper herb blend**, salt, and pepper.
- Heat about 1 ½ tablespoons cooking oil in a large nonstick pan over medium heat. Once pan is hot, add **tilapia**. Sear 2-3 minutes.
- Flip **tilapia**. Add 1 tablespoon butter. Sear 2-3 minutes, or until tilapia is fully cooked.\*

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



5

## PLATE YOUR DISH

- Divide **lemon-peppered tilapia** between plates. Drizzle with **lemon aïoli** to taste. Serve **herb-roasted potatoes** and **sautéed green beans and red peppers** on the side. Enjoy!





# Nutrition Facts

2 Servings per container

Serving size (631g)

Amount per serving

Calories 910

	% Daily Value*
Total Fat 62g	79%
Saturated Fat 12g	60%
Trans Fat 0g	
Cholesterol 105mg	35%
Sodium 1910mg	83%
Total Carbohydrate 57g	21%
Dietary Fiber 9g	32%
Total Sugars 9g	
Includes 0g Added Sugars	0%
Protein 36g	
Vitamin D 5mcg	25%
Calcium 89mg	6%
Iron 5mg	30%
Potassium 1854mg	40%

\* 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], **Lemon-Pepper Herb Blend** [lemon peel, black pepper, garlic, onion, citric acid], **Yellow Potatoes**, **Yellow Onion**, **Roasted Red Peppers** [roasted red pepper, water, citric acid, sea salt], **Thyme & Rosemary Seasoning** (Black Pepper, Ground Rosemary, Onion Powder, Dried Thyme), **Lemon Aioli** (Mayonnaise [organic expeller pressed soybean oil, water, organic egg yolks, organic whole eggs, organic distilled white vinegar, salt, organic white mustard (organic distilled vinegar, water, organic mustard seeds, salt, organic spices), organic lemon juice concentrate], Granulated Garlic, Lemon Juice [lemon], Stone-Ground Mustard [grain vinegar, water, mustard seed, salt, spices ]), **Green Beans**

Allergen information:  
Contains Egg, Soy And Fish

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.