



**GREEN  
CHEF**

# TILAPIA MEUNIÈRE

*roasted peppers, capers & almonds, orzo pasta salad*

## COOK TIME

25 MIN

## SERVINGS

2

## CALORIES PER SERVING

930

French *meunière* is a simple yet dreamy lemon-butter sauce. Traditionally, it's paired with fish that's coated in flour and pan-fried for crispy texture. Here, we've added even more layers of flavor. The flaky tilapia fillets are seasoned with sweet and smoky paprika, while the sauce is enriched with roasted red peppers, briny capers, garlic, and almonds for some Mediterranean-style flair. Everything is served over a bed of orzo strewn with sautéed kale—perfect for balancing out the fish.

## INGREDIENTS (10 ITEMS)

6 oz **Orzo pasta** W  
 ¼ oz **Garlic**  
 ½ oz **Sliced almonds** T  
 1 whole **Lemon**  
 2¾ oz **Lacinato kale**  
 2 (5 oz) **Tilapia fillets\*** F  
 1 tbsp **Flour** W  
 1½ tsp **Sweet & smoky paprika**  
 2¼ oz **Roasted red peppers**  
 ¾ oz **Capers**

## WHAT YOU'LL NEED

large pot  
 medium sauté pan  
 large nonstick pan  
 baking sheet  
 measuring spoons  
 fine-mesh strainer  
 microplane  
 thermometer  
 oven mitt  
 cooking & olive oils  
 4 tbsp butter M  
 salt & pepper

## ALLERGENS

W WHEAT T TREE NUTS (almonds)  
F FISH (tilapia) M MILK



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

**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.

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 PASTA

- Preheat oven to 250 degrees.
- Bring a large pot of lightly salted water to a boil. Stir **orzo pasta** into boiling water. Cook 6–8 minutes, or until al dente, stirring occasionally.
- Strain **orzo**; shake off excess water. Return to pot. Drizzle with 1–2 teaspoons olive oil. Stir to coat. (You'll finish the orzo in Step 6.)

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

- Mince **garlic**.
- Roughly chop **sliced almonds**.
- Zest **lemon** with a microplane (or on small holes of a box grater). Quarter **lemon**.
- Remove and discard any thick center stems from **lacinato kale**. Roll leaves into a large "cigar" and slice across into ribbons, about ¼ inch wide.

## 3 SEASON FISH

- Pat **tilapia fillets** dry with paper towels. Halve lengthwise into equal-size pieces. Season with salt and pepper.
- Spread **flour** and **sweet and smoky paprika** out in an even layer on a plate. Press **tilapia** into **flour mixture**. Turn to coat. Transfer **tilapia** to a second plate. Discard any excess flour.

## 4 COOK FISH

- Heat about 1–2 tablespoons cooking oil in a large nonstick pan over medium-high heat. Add **tilapia** to hot pan. Sear 3–5 minutes on each side, or until fully cooked.
- Transfer **tilapia** to a lightly oiled, foil-lined baking sheet. Transfer baking sheet to oven to keep warm.

## 5 MAKE MEUNIÈRE SAUCE

- Heat 2 tablespoons butter in pan used for tilapia over medium-low heat. Add **roasted red peppers**, **capers**, **garlic**, and **almonds** to pan. Stir to combine. Cook 1–2 minutes, or until almonds are lightly toasted and garlic is fragrant, stirring frequently.
- Remove from heat. Squeeze juice from two **lemon wedges** over pan, removing any seeds. Add **lemon zest**. Stir to combine. Season with salt and pepper to taste.

## 6 FINISH PASTA

- Heat about 1 tablespoon olive oil in a medium sauté pan over medium heat. Add **kale** to hot pan. Season with salt and pepper. Cook 1–2 minutes, or until lightly wilted, stirring occasionally.
- Transfer **orzo** to pan. Add 2 tablespoons butter. Stir to combine. Season with salt and pepper to taste.\*

*\*Taste the orzo after seasoning and adjust as needed. Adding salt and pepper throughout the cooking process is key to a delicious dish.*

## 7 PLATE YOUR DISH

- Divide **orzo pasta salad with kale** between plates. Place **tilapia\*** on top. Spoon **meunière sauce** over tilapia. Serve with remaining **lemon wedges**. Enjoy!

*\*Tilapia is delicate! Use a spatula to carefully transfer the fish to your plate.*



# Nutrition Facts

2 Servings per container

Serving size (388g)

Amount per serving

Calories 930

	% Daily Value*
<b>Total Fat</b> 50g	64%
Saturated Fat 17g	85%
Trans Fat 1g	
<b>Cholesterol</b> 115mg	38%
<b>Sodium</b> 280mg	12%
<b>Total Carbohydrate</b> 80g	29%
Dietary Fiber 7g	25%
Total Sugars 6g	
Includes 0g Added Sugars	0%
<b>Protein</b> 41g	
Vitamin D 0mcg	0%
Calcium 102mg	8%
Iron 7mg	40%
Potassium 618mg	15%

\* 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], **All-Purpose Flour** [wheat flour, enzyme added for improved baking, niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid], **Sweet & Smoky Paprika** (Sweet Paprika, Smoked Paprika), **Almonds** [almonds], **Garlic**, **Lemon**, **Orzo Pasta** [wheat semolina, niacin, iron lactate, thiamin mononitrate, riboflavin, folic acid], **Capers** [capers, water, vinegar, salt], **Lacinato Kale**, **Roasted Red Peppers** [bell pepper]

**Allergen information:**  
Contains Wheat, Tree Nuts 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.