



**GREEN
CHEF**

CRISPY PARMESAN TILAPIA

couscous with tomato, peas & artichokes

COOK TIME

25 MIN

SERVINGS

2

CALORIES PER SERVING

560

MENU

FAST & FIT

When tilapia gets a crispy breaded coating, it's just about irresistible. Tonight's tilapia breading is made with a mix of panko breadcrumbs, Parmesan cheese, and a blend of seasonings (think rosemary, garlic, and basil). Once coated, the fish goes into the oven to get crunchy on the outside and flaky on the inside. On the side is colorful couscous—featuring sautéed tomato, peas, and artichokes—to add even more texture to the meal.

INGREDIENTS (9 ITEMS)

½ cup	Toasted pearl couscous W
¼ cup	Breadcrumbs W
1 oz	Parmesan cheese M
2 (5 oz)	Tilapia fillets* F
¾ tsp	Garlic-herb seasoning
1 whole	Roma tomato
1¼ oz	Artichoke hearts
2½ oz	Peas
1 oz	Parsley-basil pepita pesto T

WHAT YOU'LL NEED

medium pot
medium sauté pan
baking sheet
small bowl
measuring spoons
fine-mesh strainer
thermometer
oven mitt
cooking & olive oils
salt & pepper

ALLERGENS

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



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 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 COUSCOUS

- Preheat oven to 425 degrees.
- Bring a medium pot of salted water to a boil. Once water is boiling, stir in **toasted pearl couscous**. Cook 7-9 minutes or until couscous is al dente. Drain with a fine-mesh strainer and return to pot. Drizzle with 1 teaspoon olive oil. Stir to combine. (You'll finish the couscous in Step 5.)

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 MAKE BREADING

- Place **breadcrumbs** and **Parmesan cheese** in a small bowl. Drizzle with 2 teaspoons cooking oil. Lightly season with salt and a pinch of pepper. Stir to combine.

3 SEASON & BAKE TILAPIA

- Pat **tilapia fillets** dry with paper towels. Season with **garlic-herb seasoning**, salt, and pepper.
- Place **tilapia** on a lightly oiled, foil-lined baking sheet. Spoon **breading** onto **tilapia**.^{*} Press to adhere.
- Roast 14-16 minutes, or until tilapia is fully cooked and breading is crispy.

^{}If some of the breading falls onto the baking sheet, scoop up the excess and press it back onto the tilapia. The thicker the crust, the better!*

4 PREP

- Small dice **Roma tomato** into pieces, about ¼ inch each.
- Roughly chop **artichoke hearts**.

5 FINISH COUSCOUS

- Heat 1 tablespoon olive oil in a medium sauté pan over medium-high heat. Add **tomato, peas, and artichokes**. Lightly season with salt and pepper. Cook 1-2 minutes, or until tender. Remove from heat.
- Transfer **veggies** to pot with **couscous**. Drizzle with **parsley-basil pepita pesto**. Stir to combine.

6 PLATE YOUR DISH

- Divide **crispy Parmesan tilapia** between plates. Serve **couscous with tomato, peas, and artichokes** alongside. Enjoy!



Nutrition Facts

2 Servings per container

Serving size (340g)

Amount per serving

Calories **560**

	% Daily Value*
Total Fat 22g	28%
Saturated Fat 6g	30%
Trans Fat 0g	
Cholesterol 70mg	23%
Sodium 400mg	17%
Total Carbohydrate 47g	17%
Dietary Fiber 5g	18%
Total Sugars 4g	
Includes 0g Added Sugars	0%
Protein 40g	
Vitamin D 0mcg	0%
Calcium 205mg	15%
Iron 4mg	20%
Potassium 262mg	6%

* 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], **Parmesan Cheese** [pasteurized milk, cheese cultures, salt, enzymes, anti caking agent (potato starch powdered cellulose, natamycin)], **Breadcrumbs** [bleached wheat flour, yeast, sugar, salt], **Garlic-Herb Seasoning** (Ground Rosemary, Granulated Garlic, Black Pepper, Italian Seasoning [basil, rosemary, marjoram, oregano, thyme]), **Toasted Pearl Couscous** [pearled couscous (wheat flour)], **Peas** [peas], **Artichoke Hearts** [hearts of artichokes, water, salt, citric acid], **Roma Tomatoes**, **Parsley-Basil Pepita Pesto** (Lemon Juice [lemon], Parsley, Basil, Granulated Garlic, Coconut Milk [coconut milk, water, xanthan gum], Sea Salt, Black Pepper, Dijon Mustard [water, organic mustard seeds, organic vinegar, salt, organic turmeric, organic spices], Pepitas [pumpkin seeds], Red Wine Vinegar [aged red wine vinegar], Ascorbic Acid [ascorbic acid])

Allergen information:

Contains Tree Nuts, Wheat, Milk 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.