



ZA'ATAR-SPICED TILAPIA WITH HARISSA POTATOES

kale salad with dates & tomato, smoky scallion sour cream

COOK TIME
30 MIN

SERVINGS
2

CALORIES PER SERVING
620

MENU
GLUTEN-FREE // MEDITERRANEAN

You haven't had a tilapia dish quite like this one—seasoned with za'atar, then roasted for crispiness on the outside and flaky fish on the inside. The earthy flavors of the za'atar are complemented by zingy harissa-seasoned potatoes on the side. More harissa gets added to a cooling sour cream sauce, which is spooned over both the fish and the starch. On the side, there's a kale salad with sweet dates and fresh tomato.

INGREDIENTS (10 ITEMS)

- 12 oz **Yellow potatoes**
- ¾ tsp **Harissa seasoning**
- 2 (5 oz) **Tilapia fillets*** F
- 1 tbsp **Za'atar seasoning**
- 2¾ oz **Green kale**
- ¾ oz **Dates**
- 1 whole **Roma tomato**
- 1 whole **Scallion**
- 1¾ oz **Cumin-herb lemon vinaigrette**
- 1 oz **Sour cream** M

WHAT YOU'LL NEED

- baking sheet
- mixing bowls
- measuring spoons
- thermometer
- oven mitt
- cooking & olive oils
- salt & pepper

ALLERGENS

- F FISH (tilapia)
- M MILK

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

Validate
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°.

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.

1 START PREP & SEASON POTATOES

- Preheat oven to 425 degrees.
- Halve **yellow potatoes*** lengthwise. Lay flat and cut lengthwise into wedges, about ¼ inch thick.
- Place **potatoes** in a medium bowl. Drizzle with 1 tablespoon cooking oil. Season with about half the **harissa seasoning**, ¼ teaspoon salt, and a pinch of pepper. Stir to coat.
- Spread **potatoes** out in a single layer on one side of a lightly oiled, foil-lined baking sheet. (Reserve bowl.)

**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 ROAST TILAPIA & POTATOES

- Pat **tilapia fillets** dry with paper towels. Lightly drizzle with cooking oil. Season with **za'atar seasoning**, salt, and pepper. Rub to coat.
- Place **tilapia** on empty side of baking sheet with potatoes. Bake 15-18 minutes, or until tilapia is fully cooked and potatoes are tender, flipping **potatoes** halfway through.

3 FINISH PREP

- Remove and discard any thick center stems* from **green kale****. Roughly chop leaves into bite-size pieces.
- Cut **dates** lengthwise into slices, about ¼ inch thick.
- Medium dice **Roma tomato** into pieces, about ½ inch each.
- Trim and mince **scallion**.

**To quickly prep, hold the stem end with one hand; pinch and strip the leaves down and away with your other hand (like pulling a zipper!).*

***The ingredient you received may be a different color.*

4 MAKE SALAD

- Place **kale** in bowl used to season potatoes. Drizzle with 1 tablespoon olive oil. Lightly season with salt. Massage until leaves soften.
- Add **dates, tomato**, and half the **scallion**. Drizzle with **cumin-herb lemon vinaigrette**. Toss to combine. Season with salt and pepper to taste.

5 MAKE SOUR CREAM

- Place **sour cream**, remaining **scallion**, remaining **harissa seasoning**, and about 1 teaspoon water in a small bowl. Stir to combine. Season with salt and pepper to taste.

6 PLATE YOUR DISH

- Divide **za'atar-spiced tilapia** and **harissa potatoes** between plates. Drizzle **smoky scallion sour cream** over top. Serve **kale salad with dates and tomato** on the side. Enjoy!



Nutrition Facts

2 Servings per container

Serving size (463g)

Amount per serving

Calories 620

	% Daily Value*
Total Fat 31g	40%
Saturated Fat 5g	25%
Trans Fat 0g	
Cholesterol 65mg	22%
Sodium 580mg	25%
Total Carbohydrate 57g	21%
Dietary Fiber 5g	18%
Total Sugars 12g	
Includes 1g Added Sugars	2%
Protein 33g	
Vitamin D 0mcg	0%
Calcium 156mg	10%
Iron 6mg	35%
Potassium 390mg	8%

* 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], **Za'atar Seasoning** [hulled sesame seed, ground sumac, sea salt, thyme, summer savory, marjoram], **Yellow Potatoes**, **Scallions**, **Sour Cream** [cultured cream], **Harissa Seasoning** [caraway, cumin, coriander, black pepper, fennel, red pepper, cinnamon, ginger, peppermint, chili pepper, smoked paprika (color & flavor), dehydrated garlic, organic lemon peel], **Roma Tomatoes**, **Green Kale**, **Dates** [organic dried pitted dates], **Seasoned Lemon Vinaigrette** (Lemon Juice [lemon], White Wine Vinegar [aged white wine vinegar], Sea Salt, Ground Cumin, Parsley, Basil, Agave [organic agave syrup], Olive Oil [olive oil], Granulated Garlic)

Allergen information:

Contains 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.