



**GREEN  
CHEF**

## CRISPY ROASTED TILAPIA WITH PEPITA PESTO

*roasted broccoli & red peppers, garlic bread*

### COOK TIME

30 MIN

### SERVINGS

2

### CALORIES PER SERVING

500

### MENU

MEDITERRANEAN

What sets this tilapia apart? Crispiness from a crumb coating and bright flavor from parsley-basil pepita pesto. First, you'll season the tilapia in a blend of garlic, paprika, and herbs, then coat it in breadcrumbs before roasting. While the fish is in the oven, you'll prepare your sides: garlicky broccoli with red peppers and crusty garlic bread. Once the fish is flaky, drizzle parsley-basil pepita pesto over the top. By the way, the pepita pesto is super delicious on the garlic bread, too!

### INGREDIENTS (8 ITEMS)

¼ cup **Breadcrumbs** W  
 6 oz **Broccoli**  
 ¼ oz **Garlic**  
 2 (5 oz) **Tilapia fillets\*** F  
 1¼ tsp **Garlic, paprika & herb blend**  
 1 whole **Ciabatta bread** W  
 1 oz **Roasted red peppers**  
 1¼ oz **Parsley-basil pepita pesto** T

### WHAT YOU'LL NEED

2 baking sheets  
 mixing bowls  
 measuring spoons  
 thermometer  
 oven mitt  
 cooking & olive oils  
 salt & pepper

### ALLERGENS

W WHEAT  
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°.

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 425 degrees.
- Place **breadcrumbs** in a small bowl. Drizzle with 2 teaspoons cooking oil. Lightly season with salt and pepper. Stir to combine.
- Cut **broccoli** into bite-size pieces if necessary.
- Mince **garlic**.

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, COAT & ROAST TILAPIA

- Pat **tilapia fillets** dry with paper towels. Season with salt, pepper, and about half the **garlic, paprika, and herb blend**.
- Place **tilapia** on a lightly oiled, foil-lined baking sheet. Spoon **breadcrumbs** over top.\* Press to adhere.
- Roast 15-18 minutes, or until tilapia is fully cooked and crust is lightly browned.

*\*If some of the breadcrumbs fall onto the baking sheet, scoop up the excess and press it back onto the tilapia. The thicker the crust, the better!*

3

## START BROCCOLI

- Place **broccoli** in a medium bowl. Drizzle with 1½ tablespoons cooking oil. Season with salt, pepper, and remaining **garlic, paprika, and herb blend**. Stir to coat.
- Spread **broccoli** out on a second lightly oiled, foil-lined baking sheet. Roast 9-11 minutes, or until mostly tender. (You'll finish the broccoli in Step 5.)

4

## PREP GARLIC BREAD

- Halve **ciabatta bread** horizontally. Cut each half on a diagonal.
- Sprinkle **garlic** over cut sides. Drizzle each cut side with ½ teaspoon olive oil. Lightly season with salt and pepper.

5

## FINISH BROCCOLI & GARLIC BREAD

- Add **roasted red peppers** to baking sheet with **broccoli**. (Careful! Baking sheet is hot!) Stir to combine.
- Push **veggies** to one side of sheet. Add **garlic bread**, cut sides up, to empty side.
- Roast 5-7 minutes, or until broccoli is fork-tender and garlic bread is lightly browned.

6

## PLATE YOUR DISH

- Divide **crispy roasted tilapia** between plates. Drizzle with **parsley-basil pepita pesto**. Serve **garlic bread** and **roasted broccoli and red peppers** on the side. Enjoy!



# Nutrition Facts

2 Servings per container

Serving size (339g)

Amount per serving

Calories 500

	% Daily Value*
<b>Total Fat</b> 22g	28%
Saturated Fat 4g	20%
Trans Fat 0g	
<b>Cholesterol</b> 55mg	18%
<b>Sodium</b> 400mg	17%
<b>Total Carbohydrate</b> 42g	15%
Dietary Fiber 5g	18%
Total Sugars 3g	
Includes 0g Added Sugars	0%
<b>Protein</b> 35g	
Vitamin D 0mcg	0%
Calcium 128mg	10%
Iron 4mg	20%
Potassium 451mg	10%

\* 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], **Breadcrumbs** [bleached wheat flour, yeast, sugar, salt], **Garlic, Paprika & Herb Blend** (Granulated Garlic, Sweet Paprika, Italian Seasoning [basil, rosemary, marjoram, oregano, thyme], Dried Parsley, Onion Powder), **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]), **Broccoli, Roasted Red Peppers** [bell pepper], **Ciabatta Bread** [unbleached, unbromated, enriched flour (wheat flour, malted barley flour, niacin, iron, thiamine mononitrate, riboflavin, folic acid), water, olive oil, salt, cultured wheat flour, dough conditioner (wheat flour and enzymes), yeast, barley flour], **Garlic**

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.

