



Seared Tilapia and Honey Mustard Sauce

WITH ZUCCHINI AND PEPPERS

Express



Prep & Cook Time

15 MIN

Cook Within

3 DAYS

Difficulty Level

INTERMEDIATE

Spice Level

NOT SPICY

You Will Need

Olive Oil, Salt, Cooking Spray
Mixing Bowl, Medium Non-Stick Pan, Large Non-Stick Pan, Microwave-Safe Bowl

Ingredients

.8 oz. Lemon Garlic Butter
¼ cup Panko Breadcrumbs
8 oz. Sliced Zucchini
½ fl. oz. Honey
4 oz. Sliced Red Bell Pepper
1 fl. oz. Brewpub Style Mustard
½ tsp. Garlic Salt
½ tsp. Garlic Pepper

Customize It Options

11 oz. Tilapia Fillets
12 oz. Mahi-Mahi Fillets
12 oz. Boneless Skinless Chicken Breasts
12 oz. Sirloin Steaks

Minimum Internal Protein Temperature

145°	Steak	Pork	Lamb	Seafood
160°	Ground Beef		Ground Pork	
165°	Chicken		Ground Turkey	

Rest steak or pork after cooking, 3 minutes.

View nutritional information at www.homechef.com/15550

*Nutrition & allergen information varies based on menu selection and ingredient availability. Review protein and meal labels for updated information.

Processed in a facility that also processes peanut, tree nut, wheat, egg, soy, milk, fish, sesame, and shellfish ingredients.

If you received different ingredients, we may have sent a substitute. Not to worry! Check your email for updated instructions.

Before You Cook

All cook times are approximate based on testing.

- If using any fresh produce, thoroughly rinse and pat dry
- Ingredient(s) used more than once: **panko**

Customize It Instructions

- If using **mahi-mahi**, halve fillets. Follow same instructions as tilapia in Steps 1 and 2, searing, panko-side down first, until mahi-mahi reaches minimum internal temperature, 3-4 minutes per side.
- If using **chicken breasts**, follow same instructions as tilapia in Steps 1 and 2, searing, panko-side down first, until chicken reaches minimum internal temperature, 5-7 minutes per side.
- If using **sirloin steaks**, follow same instructions as tilapia in Steps 1 and 2, searing, panko-side down first, until sirloin reaches minimum internal temperature, 4-6 minutes per side. Rest, 3 minutes.



1. Prepare the Tilapia

- Pat **tilapia** dry and season flesh side with **garlic pepper** and ¼ tsp. **salt**.
- Top flesh side with half the **panko** (reserve remaining for garnish), pressing gently to adhere.



2. Cook the Tilapia

- Place a medium non-stick pan over medium heat and add 1 tsp. **olive oil**.
- Add **tilapia**, panko side down first, to hot pan and sear until golden brown and tilapia reaches a minimum internal temperature of 145 degrees, 4-6 minutes per side.
- Remove from burner.
- While tilapia cooks, continue recipe.



3. Cook the Vegetables

- Place a large non-stick pan over medium-high heat and spray with **cooking spray**. Add **bell pepper** to hot pan. Stir occasionally, 3 minutes.
- Add **zucchini** and **garlic salt**. Stir occasionally until tender, 2-4 minutes.
- Remove from burner. Stir in **butter**.
- While vegetables cook, continue recipe.



4. Crisp Panko, Make Sauce, and Finish Dish

- In a microwave-safe bowl, combine remaining **panko** and 1 tsp. **olive oil**. Microwave until crisp and golden-brown, 20-30 seconds, stirring every 10 seconds.
- In a mixing bowl, combine **honey**, 1 tsp. **water**, and **mustard**.
- Plate dish as pictured on front of card, topping **tilapia** with honey mustard sauce and garnishing **vegetables** with crispy panko. Bon appétit!