



Classic Meal Kit

### In your box

- 1 Lemon
- 2 Garlic Cloves
- 1 Roma Tomato
- ¼ cup Italian Panko Blend
- 8 oz. Green Beans
- 1.26 oz. Mayonnaise
- .8 oz. Tuscan Herb Butter
- 1 tsp. Chimichurri Seasoning
- 2 Green Onions

### Customize It Options

- 12 oz. Tilapia Fillets
- 12 oz. Boneless Skinless Chicken Breasts
- 12 oz. Mahi-Mahi Fillets
- 12 oz. Salmon Fillets

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

### You will need

Olive Oil, Salt, Pepper

Medium Non-Stick Pan, 2 Mixing Bowls, Microwave-Safe Bowl, Large Non-Stick Pan

### Minimum Internal Protein Temperature

<b>145°</b>	Steak	Pork	Lamb	Seafood
<b>160°</b>	Ground Beef		Ground Pork	
<b>165°</b>	Chicken		Ground Turkey	

Rest steak or pork after cooking, 3 minutes.



## Tilapia Milanese

with bruschetta green beans

NUTRITION per serving—Calories: 600, Carbohydrates: 22g, Sugar: 8g, Fiber: 6g, Protein: 42g, Sodium: 1360mg, Fat: 35g, Saturated Fat: 10g  
 Processed in a facility that also processes peanut, tree nut, wheat, egg, soy, milk, fish, and shellfish ingredients.

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

Prep & Cook Time

**30-40 min.**

Cook Within

**3 days**

Difficulty Level

**Intermediate**

Spice Level

**Not Spicy**

## Before you cook

All cook times are approximate based on testing.

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

### Customize It Instructions

- If using **chicken breasts**, follow same instructions as tilapia in Steps 3 and 5, cooking until chicken reaches minimum internal temperature, 5-7 minutes per side.
- If using **mahi-mahi**, pat dry, halve, and season with a pinch of **salt** and **pepper**. Follow same instructions as tilapia in Steps 3 and 5, cooking until mahi-mahi reaches minimum internal temperature, 3-4 minutes per side. *Fish thickness can vary; if you receive a thinner fillet, we recommend checking for doneness sooner.*
- If using **salmon**, pat dry and season flesh side with a pinch of **salt** and **pepper**. Follow same instructions as tilapia in Steps 3 and 5, coating flesh side with **mayonnaise** and **panko** and cooking, panko-side down first, until salmon reaches minimum internal temperature, 4-6 minutes per side.



### 1. Prepare Ingredients and Make Bruschetta

- Core **tomato** and cut into ½" dice.
- Halve **lemon** lengthwise. Cut one half into wedges and juice the other half.
- Trim and thinly slice **green onions**.
- Mince **garlic**.
- In a mixing bowl, combine tomatoes, **seasoning blend**, 1 tsp. **olive oil**, green onions, and a pinch of **salt** and **pepper**. Set aside.



### 2. Cook the Green Beans

- Place a large non-stick pan over medium-high heat and add 1 tsp. **olive oil**.
- Add half the **garlic** (reserve remaining for sauce). Stir occasionally until fragrant, 30-45 seconds.
- Add **green beans** and cook, 1 minute.
- Add ¼ cup **water**, ¼ tsp. **salt**, and a pinch of **pepper**. Cover, and cook until tender, 6-8 minutes.
- *If green beans need more time, add 2 Tbsp. water and stir occasionally, 1-3 minutes.* Remove from burner.
- While green beans cook, start tilapia.



### 3. Prepare the Tilapia

- Pat **tilapia** dry, and season all over with ¼ tsp. **salt** and a pinch of **pepper**.
- Place **panko** on a plate.
- Spread 1/3 the **mayonnaise** (reserve remaining for sauce) evenly on one side of tilapia. Transfer tilapia, mayonnaise-side down, onto plate with panko and gently press to adhere. Let sit, 10 minutes.
- While fish rests, make sauce.



### 4. Make the Sauce

- Place **butter** and remaining **garlic** in a microwave-safe bowl. Microwave until melted, 20-30 seconds.
- In another mixing bowl, combine remaining **mayonnaise**, 1 tsp. **lemon juice**, and a pinch of **salt**. Slowly pour garlic-butter into mayonnaise mixture, constantly whisking or stirring vigorously until combined.
- *If too thick, add ½-1 tsp. water until desired consistency is reached.* Set aside.



### 5. Cook Tilapia and Finish Dish

- Place a medium non-stick pan over medium heat and add 1 Tbsp. **olive oil**.
- Add **tilapia**, panko-side down first, to hot pan and cook until browned and fish reaches a minimum internal temperature of 145 degrees, 3-4 minutes per side.
- Remove from burner.
- Plate dish as pictured on front of card, topping **green beans** with **bruschetta**, topping tilapia with **sauce**, and squeezing **lemon wedges** over tilapia to taste. Bon appétit!