



Tilapia Piccata

WITH LEMON SPAGHETTI

Meal Kit



RACHAELRAY
RECIPE

Prep & Cook Time
30-40 MIN

Cook Within
3 DAYS

You Will Need

Olive Oil, Salt, Pepper
Colander, Medium Pot, Large
Non-Stick Pan

Ingredients

- 1 Lemon
- 1 Yellow Onion
- 2 tsp. Mirepoix Broth Concentrate
- 1 oz. White Cooking Wine
- 1 Roma Tomato
- 11 oz. Tilapia Fillets
- 2 oz. Flour
- 5 oz. Spaghetti
- .8 oz. Lemon Garlic Butter
- ½ oz. Capers

Difficulty Level
INTERMEDIATE

Spice Level
NOT SPICY

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.



Delish!

View nutritional information at www.homechef.com/20653

*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 sesame, peanut, tree nut, wheat, egg, soy, milk, fish, 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
- Bring 8 cups **water** to a boil in a medium pot
- Ingredient(s) used more than once: **sauce**
- Only half the **onion** is used in this recipe

Rachael's Tip

If your pasta looks or feels a little dry, make sure you save some of that starchy pasta cooking water. By adding a couple tablespoons at a time, it acts as a natural sauce for any pasta dish.



1. Cook the Pasta

- Once **water** is boiling, add 2 tsp. **salt** and **pasta** and cook until al dente, 8-10 minutes.
- Reserve 1½ cups **pasta cooking water**. Drain pasta in a colander and set aside.
- While pasta cooks, continue recipe.



2. Prepare the Ingredients

- Halve **lemon** widthwise. Cut one half into wedges and the other half into thin slices.
- Core **tomato** and cut into ¼" dice.
- Halve and peel **onion**. Mince halves.
- Pat **tilapia** dry, and season both sides with ¼ tsp. **salt** and a pinch of **pepper**.



3. Cook the Fish

- Place a large non-stick pan over medium heat and add 2 Tbsp. **olive oil**. Let oil heat, 3 minutes.
- Place **flour** on a plate and spread into an even layer. Transfer **tilapia** to plate with flour. Lightly dredge, coating both sides completely.
- Shaking off any excess flour, gently place tilapia in hot pan. Cook until browned and tilapia reaches a minimum internal temperature of 145 degrees, 2-4 minutes per side.
- Remove from burner. Transfer tilapia to a plate and tent with foil. Reserve pan; no need to wipe clean.



4. Start the Sauce

- Return pan used to cook tilapia to medium heat.
- Add 2 tsp. **olive oil**, **butter**, ⅓ cup **onion** (remaining is yours to use as you please!), and ¼ tsp. **salt** to hot pan. Stir occasionally until onion is translucent, 2-4 minutes.
- Add **wine**, 1 cup **pasta cooking water**, **mirepoix base**, **capers**, ¼ tsp. salt, and a pinch of **pepper**. Stir vigorously to combine, then bring to a simmer.
- Once simmering, add **lemon slices**. Stir occasionally until sauce is slightly thickened, 2-4 minutes.
- Carefully, top **tilapia** with lemon slices and 2 Tbsp. sauce (reserve remaining in pan for pasta). Keep pan over medium heat.



5. Finish Sauce, Add Pasta, and Finish Dish

- Add **tomato** to hot pan with remaining **sauce**. Cook until tomato is warmed through, 30-60 seconds.
- Stir in **pasta** until coated and warmed through, 1-2 minutes.
- If sauce is too thick, add remaining pasta cooking water, 1 Tbsp. at a time, until desired consistency is reached. Remove from burner.
- Plate dish as pictured on front of card, squeezing **lemon wedges** over to taste. Buon appetito!