



HOME CHEF

Tilapia Florentine

With Green Beans and Toasted Almonds



A typical Florentine is meat or fish served atop a bed of spinach. We wanted to make it more fun — or at least more tasty — so our spinach is freshened up with creamy ricotta, roasted shallots, and lemon zest. It's served over the flaky tilapia with a side of almond-tossed green beans and thyme-roasted tomatoes. Hello-ooooo, yum!

OVERVIEW



TIME TO PREPARE



EASY RECIPE



DAYS BEST COOKED BY

NUTRITION

Calories: 456
Carbohydrates: 14g
Fat: 24g
Protein: 50g
Sodium: 700mg
per serving

DIETARY



LOW CALORIE



LOW CARB



GLUTEN-FREE



SOY-FREE

DRINK PAIRING

A dish this light and fresh calls for a similar drink—try a Sauvignon Blanc or a wheat beer here.

INGREDIENTS

1 Shallot
1 Roma Tomato
5 oz. Green Beans
3 Thyme Sprigs
3 Parsley Sprigs
1 Lemon
3 oz. Spinach
2 oz. Ricotta Cheese
12 oz. Tilapia Fillets
½ oz. Sliced Almonds

WHAT YOU NEED

Olive Oil
Salt
Pepper

EQUIPMENT

Medium Non-Stick Pan
Mixing Bowl

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Prepare The Ingredients

Thoroughly rinse produce and pat dry. Peel and mince **shallot**. Halve **Roma tomato** lengthwise. Trim ends from **green beans**. Stem **thyme**. Stem and mince **parsley**. Zest and halve **lemon**. Mince **lemon zest**. *If you don't have a zester you can use a peeler to remove the outer zest of the lemon, avoiding the "pith", or white layer underneath the zest, as it carries a bitter flavor.*



Prepare Spinach-Ricotta Mixture

Heat 1 tsp. **olive oil** in a medium non-stick pan over medium heat. Add **shallot** (to taste) and cook 1-2 minutes. Add **spinach** and cook for 2 minutes, or until just wilted. Transfer to a paper towel lined plate and blot with additional paper towels to remove excess liquid. Let spinach cool slightly. Chop cooled spinach and combine with **ricotta** and half the **lemon zest** in a mixing bowl. Season to taste with **salt and pepper** and refrigerate until ready to plate. Wipe pan clean.



Cook the Roma Tomato

Return pan to medium-high heat. Season cut side of **tomatoes** with a pinch of **salt and pepper**. Heat 1 tsp. fresh **olive oil** in pan used for spinach and add tomatoes cut-side down. Cook 2 minutes until browned. Flip and sprinkle with **thyme leaves**. Continue cooking 3-5 more minutes until beginning to soften. Transfer to a plate, wipe pan clean, and return to medium-high heat.



Cook the Tilapia

Add 1 tsp. **olive oil** to pan. Blot **tilapia** dry with a paper towel and season with a pinch of **salt and pepper**. Add to pan and cook 3-4 minutes on first side until evenly browned. Flip carefully and cook on second side 5 more minutes, until internal temperature reaches 145 degrees. Transfer to plate with tomatoes. Wipe out pan and return to medium-high heat.



Cook the Green Beans

Add 2 Tbsp. **water**, **green beans** and a pinch of **salt** to pan. Bring to a boil, cover, and steam green beans 2-3 minutes until vibrant green in color and tender. Drizzle with 1 tsp. **olive oil** and toss with **sliced almonds** to warm through. Season with a pinch of **salt and pepper**.



Plate the Dish

Arrange **green beans** and roasted **Roma tomatoes** on a plate. Place **tilapia** in front and top with **spinach-ricotta** mixture. Garnish with remaining **lemon zest**, **minced parsley**, and half **lemon**.