



**NUTRITION** per serving 27g carbohydrates 12g fat 37g protein 497mg sodium | low-calorie, low-carb, gluten-free, dairy-free, soy-free, nut-free



Calories  
333



Prep & Cook Time  
30-40 min.



Cook Within  
3 days



Difficulty  
Easy



Spice Level  
Not Spicy

#### IN YOUR BOX

- 2 Green Onions
- 1 Lemon
- 1 Dill Sprig
- 2 Persian Cucumbers
- 5 oz. Grape Tomatoes
- 7 oz. Asparagus
- 2 Tilapia Fillets
- 1 tsp. Paprika
- 1 oz. Capers

#### IN YOUR KITCHEN

- Olive Oil
- Salt
- Pepper
- Baking Sheet
- Mixing Bowl

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HOME CHEF

## Mediterranean-Style Broiled Tilapia

with roasted asparagus and cucumber tomato salad

## BEFORE YOU COOK

- Take a minute to read through the recipe before you start—we promise it will be time well spent!
- Thoroughly rinse produce and pat dry
- Preheat the broiler
- Prepare a baking sheet with foil

## WHILE YOU COOK

- Don't text and broil! Watch fish closely while broiling, as it can burn easily.

## FROM THE CHEF

Most ovens have either a top broiler or pull-out drawer broiler. If you have a top broiler, move oven rack to top position when broiling. If you have a drawer broiler, no need to adjust your oven rack positions.

Don't know how much of the woody end to trim from asparagus? Let the asparagus tell you—just snap the woody end off with your hands and the stalk will naturally break at the optimum point. Use your knife to cut remaining spears accordingly.

### Did you know...

Capers are the edible flower buds of the caper bush. When pickled, capers undergo an enzymatic reaction that produces mustard oil, which gives them their intense, delicious flavor.



## Prepare the Ingredients

If you have a top broiler, move oven rack to top position. Trim and slice **green onions** in half lengthwise. Halve **lemon** and juice one half. Slice other half into ¼” slices. Stem and coarsely chop **dill**. Trim **cucumbers** and cut into ¼” rounds. Halve **grape tomatoes**. Trim woody ends off **asparagus**. Rinse **tilapia fillets** and pat dry.



## Make the Salad

While fish is cooking, combine **tomatoes, cucumbers**, 1 tsp. **olive oil**, and a pinch of **salt and pepper** in a mixing bowl. Set aside.



## Prepare the Asparagus

Place **asparagus** on half of prepared baking sheet. Drizzle with 2 tsp. **olive oil**, season with ¼ tsp. **salt**, a pinch of **pepper**, and toss to coat.



## Plate the Dish

Place **tomato-cucumber salad** and **asparagus** on a plate. *Fish will be very fragile, so use a spatula to transfer it to plate.* Serve **green onions, capers, and lemon slices** on tilapia.



## Bake the Tilapia and Asparagus

Place **tilapia fillets** on other half of baking sheet and season with **paprika**, a pinch of **salt and pepper**, and **lemon juice**. Place **green onions, capers, lemon slices**, and 2 tsp. **olive oil** around fish. Place baking sheet on top rack and broil for 5-7 minutes, or until fish reaches a minimum internal temperature of 145 degrees. Remove from oven and sprinkle with **dill**.