



Almond-Crusted Tilapia

WITH BASIL PESTO GREEN BEANS

Meal Kit



Prep & Cook Time

20-30 MIN

Cook Within

3 DAYS

You Will Need

Olive Oil
Large Non-Stick Pan, Medium
Non-Stick Pan

Ingredients

1 tsp. Potato Spice Seasoning
2 tsp. Lemon N Herb Seasoning
.42 oz. Mayonnaise
1 oz. Basil Pesto Butter
½ oz. Roasted Sliced Almonds
11 oz. Tilapia Fillets
12 oz. Green Beans
¼ cup Panko Breadcrumbs
2 Garlic Cloves

Difficulty Level

EASY

Spice Level

NOT SPICY

Minimum Internal Protein Temperature

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

Rest steak or pork after cooking, 3 minutes.

View nutritional information at www.homechef.com/32120

*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, sesame, 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.

- Wash hands thoroughly with soap and warm water before cooking and after handling raw meat or seafood
- Remove all produce from any packaging or constraints, then thoroughly rinse and pat dry



1. Prepare the Ingredients

- Finely chop **almonds**.
- Trim **green beans**, if necessary, and halve.
- Thinly slice **garlic**.
- Pat **tilapia** dry and season both sides with **lemon n herb seasoning**.



2. Cook the Green Beans

- Place a large non-stick pan over medium-high heat and add 2 tsp. **olive oil**.
- Add **green beans** and **garlic** to hot pan and cook, 1 minute.
- Add ¼ cup **water** and **potato spice seasoning**. Cover and cook until tender, 6-8 minutes.
- If green beans need more time, add 2 Tbsp. water, cover, and stir occasionally, 1-3 minutes.
- Remove from burner. Stir in **butter** until melted and combined.
- While green beans cook, continue recipe.



3. Prepare the Tilapia

- Combine **almonds** and **panko** on a plate. Spread into an even layer.
- Evenly top one side of **tilapia** with **mayonnaise**. Place tilapia, mayonnaise-side down, onto panko-almond mixture, pressing gently to adhere.



4. Cook the Tilapia

- Place a medium non-stick pan over medium heat and add 2 tsp. **olive oil**.
- Add **tilapia**, crust-side down, to hot pan and cook until fish reaches a minimum internal temperature of 145 degrees, 2-3 minutes per side.
- Remove from burner.



5. Finish the Dish

- Plate dish as pictured on front of card. Bon appétit!