



In your box

- 12 oz. Broccoli Florets
- 1 Garlic Clove
- 2 Green Onions
- 1 Red Fresno Chile
- 2 Tilapia Fillets
- 2 Tbsp. Chopped Ginger
- 2 fl. oz. Starport Garlic Sesame Sauce

CONTAINS wheat, soy, fish (tilapia)



Garlic-Sesame Tilapia and ginger-roasted broccoli

NUTRITION per serving—Calories: 432, Carbohydrates: 17g, Fat: 25g, Protein: 37g, Sodium: 1465mg.
Processed in a facility that also processes peanut, tree nut, wheat, egg, soy, milk, fish, and shellfish ingredients

Prep & Cook Time
30-40 min.

Cook Within
3 days

Difficulty Level ● ○ ○
Easy

Spice Level ● ● ○
Medium

🕒 You will need

Olive Oil, Salt, Pepper, Cooking Spray
Baking Sheet, Mixing Bowl, Large Non-Stick Pan

👑 Before you cook

Take a minute to read through the recipe before you start—we promise it will be time well spent!

- Preheat oven to **450 degrees**
- Thoroughly rinse produce and pat dry
- Prepare a baking sheet with foil and cooking spray



1

Prepare the Ingredients

- Cut **broccoli** into bite-sized pieces, if necessary.
- Mince **garlic**.
- Trim and thinly slice **green onions**.
- Stem, seed, remove ribs, and mince **Fresno chile**. *Discard seeds if you prefer less spice. Be sure to wash hands and cutting board after prepping.*
- Pat **tilapia fillets** dry. On a separate cutting board, halve fillets lengthwise. Trim darkish flesh off edges, and season both sides with ¼ tsp. **salt** and a pinch of **pepper**.



2

Roast the Broccoli

- Place **broccoli**, **ginger**, 4 tsp. **olive oil**, ¼ tsp. **salt**, and a pinch of **pepper**. Massage ginger, olive oil, and seasoning into broccoli, making sure ginger is evenly spread on broccoli.
- Spread into a single layer, and roast until tender and slightly charred, 14-18 minutes.
- While broccoli roasts, make sauce.



3

Make the Sauce

- Combine **garlic sesame sauce**, **green onions**, **garlic** (to taste), 2 Tbsp. **water**, 2 tsp. **olive oil**, ¼ tsp. **salt**, and **Fresno chile** (to taste, or omit if spice averse) in a mixing bowl. Set aside.



4

Cook the Fish

- Place a large non-stick pan over medium-high heat with 2 tsp. **olive oil**. Place **tilapia** in hot pan and cook until fish reaches a minimum internal temperature of 145 degrees, 4-7 minutes per side.
- Remove from burner.



5

Finish the Dish

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