



In your box

- 14 oz. Sweet Potato
- 1 Lime
- 1 Red Fresno Chile
- ¼ oz. Cilantro
- 2 Tilapia Fillets
- 2 fl. oz. Sweet Chili Sauce
- 2 oz. Edamame

CONTAINS soy, fish (tilapia)



Chile-Lime Tilapia

with roasted sweet potatoes and edamame

NUTRITION per serving—Calories: 555, Carbohydrates: 62g, Fat: 18g, Protein: 38g, Sodium: 1507mg.
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 ● ● ● ● ●
Mild

🕒 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 **400 degrees**
- Thoroughly rinse produce and pat dry
- Prepare a baking sheet with foil and cooking spray



1

Prepare and Roast the Sweet Potato

- Cut **sweet potato** into ½” dice.
- Place sweet potato on prepared baking sheet and toss with 1 Tbsp. **olive oil**, ¼ tsp. **salt**, and a pinch of **pepper**. Massage oil into sweet potatoes.
- Spread into a single layer and roast in hot oven, 15 minutes. *Sweet potatoes will finish cooking in a later step.*
- While potatoes roast, prepare ingredients.



2

Prepare the Ingredients

- Zest and halve **lime**. Quarter one half and juice remaining half.
- Stem, seed, remove ribs, and mince **Fresno chile**.
- Mince **cilantro** (no need to stem).
- Pat **tilapia** dry and, on a separate cutting board, halve down the middle on the pink line. Season both sides with ¼ tsp. **salt** and a pinch of **pepper**.



3

Make the Sauce

- In a mixing bowl, combine **sweet chili sauce**, 1 tsp. **lime juice**, and 1 tsp. **lime zest**.
- Set aside.



4

Roast the Vegetables

- Carefully, add **edamame**, **Fresno chile** (to taste), 1 tsp. **olive oil**, ¼ tsp. **salt**, and a pinch of **pepper** to baking sheet. Toss together, then spread into single layer.
- Roast until vegetables are tender, 5-6 minutes.
- While vegetables roast, cook tilapia.



5

Cook the Tilapia

- Place a large non-stick pan over medium heat and add 2 tsp. **olive oil**. Place **tilapia** in hot pan and sear on one side until brown and crispy, 3-5 minutes.
- Flip, and cook until tilapia reaches a minimum internal temperature of 145 degrees, 2-3 minutes. *Thinner pieces may finish faster; remove earlier if necessary.*
- Plate dish as pictured on front of card, placing **sauce** on tilapia and garnishing **sweet potato** with **cilantro**. Squeeze **lime quarter** over dish. Bon appétit!