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DIABETES FRIENDLY
CARB CONSCIOUS
MEDITERRANEAN

Seared Tilapia & Gremolata

with Lentils, Snow Peas & Creamy Mustard Dressing

⌚ 25-35 MINS | 2 SERVINGS

Gremolata—a favorite Italian condiment made with chopped herbs, lemon, and more—is perfect for brightening up simply seared tilapia fillets in this dish.



MATCH YOUR BLUE APRON WINE



Zesty & Tropical

Wine is not included in SmartPoints®



9

5

5

SmartPoints® value per serving



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Ingredients



2
TILAPIA FILLETS



4 oz
SNOW PEAS



1
LEMON



1
SHALLOT



1 Tbsp
CREAMY
MUSTARD SAUCE



1/2 cup
BLACK BELUGA
LENTILS



3 oz
RADISHES



1 bunch
PARSLEY



1 oz
ROASTED
PIQUILLO
PEPPERS



1/4 tsp
CRUSHED RED
PEPPER FLAKES

1



To make this recipe diabetes friendly and meet the ADA nutrition guidelines for sodium, it is recommended that no additional salt be added to this recipe when prepared. See nutrition information for sodium as packaged.

2



1 Cook the lentils:

- Fill a medium pot 3/4 of the way up with salted water; cover and heat to boiling on high.
- Once boiling, add the **lentils**. Cook 25 to 27 minutes, or until tender. Drain thoroughly and rinse under warm water.

3



3 Cook & marinate the snow peas:

- In a medium pan (nonstick, if you have one), heat **1 teaspoon of olive oil** on medium-high until hot.
- Add the **snow peas**; season with salt and pepper. Cook, stirring occasionally, 3 to 4 minutes, or until lightly browned and softened.
- Transfer to the bowl of **dressing**; stir to coat. Set aside to marinate, stirring occasionally, at least 10 minutes.
- Wipe out the pan.

4



4 Cook the fish:

- Pat the **fish** dry with paper towels. Season with salt and pepper on both sides.
- In a medium pan (nonstick, if you have one), heat **2 teaspoons of olive oil** on medium-high until hot.
- Add the **seasoned fish**. Cook 3 to 4 minutes per side, or until lightly browned and cooked through.** Turn off the heat.

5



5 Finish & serve your dish:

- To the bowl of **marinated snow peas**, add the **cooked lentils** and **sliced radishes**; stir to combine. Taste, then season with salt and pepper if desired.
- Serve the **finished lentils** topped with the **cooked fish** and **gremolata**. Enjoy!

**An instant-read thermometer should register 145°F.



NUTRITION PER SERVING (AS PREPARED)* Calories: xxx, Total Carbohydrates: xxg, Dietary Fiber: xxg, Added Sugar: xg, Total Fat: xxg, Saturated Fat: xxg, Protein: xxg, Sodium: xxxxmg.

CONTAINS: See Ingredient Packaging for Allergen(s).

*See full Nutrition Facts on your Current page in the Blue Apron app or at blueapron.com.

Produced in a facility that processes crustacean shellfish, egg, fish, milk, peanuts, soy, tree nuts, and wheat.

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