

Za'atar Tilapia Bake

with Israeli Couscous & Lemon Labneh

4 SERVINGS

⌚ 25-35 MINS

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Ingredients

 4 Tilapia Fillets 

 ½ lb Grape Tomatoes

 2 Tbsps Dried Currants

 ¼ cup Labneh Cheese

 2 Tbsps Butter

 18 oz Tail-On Shrimp¹ 

 2 Red, Yellow, or Orange Bell Peppers

 1 ¼ cups Panko Breadcrumbs

 2 cloves Garlic

 1 ½ oz Feta Cheese

 1 cup Pearl Couscous

 ⅓ cup Salsa Verde

 ¼ cup Mayonnaise

 1 tsp Preserved Lemon Purée

 1 Tbsp Za'atar Seasoning²

1. peeled & deveined 2. Ground Sumac, Sesame Seeds, Salt, Ground Thyme, Whole Dried Oregano & Crushed Aleppo Pepper
*Ingredients may be replaced and quantities may vary.

1 Prepare the ingredients

- Place an oven rack in the center of the oven; preheat to 450°F.
- Fill a medium pot $\frac{3}{4}$ of the way up with salted water; cover and heat to boiling on high.
- Wash and dry the fresh produce.
- Cut off and discard the stems of the **peppers**. Halve lengthwise; remove the ribs and seeds, then large dice.
- In a bowl, combine the **labneh**, **lemon purée**, and **2 tablespoons of water**. Taste, then season with salt and pepper if desired.



This recipe was designed for easier cleanup—no extra prep bowls needed!

2 Start the vegetables

- Place the **tomatoes** and **diced peppers** in a baking dish. Drizzle with **olive oil** and season with salt and pepper. Toss to coat and arrange in an even layer.
- Bake 8 to 10 minutes, or until slightly softened.
- Leaving the oven on, remove from the oven.



3 Make the breadcrumb topping

- Meanwhile, melt the **butter** in a medium bowl in the microwave (or melt in a small pot, then transfer to a medium bowl).
- Peel and roughly chop **2 cloves of garlic**.
- To the bowl of **melted butter**, add the **chopped garlic**, **breadcrumbs**, **za'atar**, and **mayonnaise**; season with salt and pepper. Stir to combine.



4 Bake the tilapia & vegetables

- Meanwhile, pat the **tilapia** dry with paper towels; season with salt and pepper on both sides.
- Carefully place the seasoned tilapia on top of the **partially baked vegetables**. Evenly top with the **breadcrumb topping**.



Step 4 continued:

- Bake 8 to 10 minutes, or until the breadcrumbs are browned and the tilapia is cooked through.*
- Remove from the oven.

↻ CUSTOMIZED STEP 4 *If you chose Shrimp*

- Meanwhile, pat the **shrimp** dry with paper towels; season with salt and pepper.
- Carefully place the seasoned shrimp on top of the **partially baked vegetables**. Evenly top with the **breadcrumb topping**.
- Bake 9 to 11 minutes, or until the breadcrumbs are browned and the shrimp are cooked through.
- Remove from the oven.

5 Cook the couscous

- Meanwhile, add the **couscous** to the pot of boiling water. Cook 6 to 8 minutes, or until tender.
- Turn off the heat. Drain thoroughly and return to the pot.



6 Dress the couscous & serve your dish

- To the pot of **cooked couscous**, add the **salsa verde**, **currants**, and **feta** (crumbling before adding). Stir to combine. Taste, then season with salt and pepper if desired.
- Serve the **baked tilapia and vegetables** topped with the **lemon labneh**. Serve the **dressed couscous** on the side. Enjoy!



↻ CUSTOMIZED STEP 6 *If you chose Shrimp*

- Dress the couscous and serve your dish as directed with the **baked shrimp** (instead of tilapia).

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

NUTRITION PER SERVING (AS PREPARED)**

Calories: 720, Total Carbohydrates: 63g, Dietary Fiber: 5g, Added Sugars: 1g, Total Fat: 35g, Saturated Fat: 10g, Protein: 42g, Sodium: 1300mg.

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CONTAINS: SEE INGREDIENT PACKAGING FOR ALLERGEN(S).

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

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