

Tilapia & Black Lentil Salad

with Meyer Lemon Pan Sauce

TIME: 30-40 minutes

SERVINGS: 2

We're putting a sweet twist on Italian gremolata: adding pickled peppers to the traditional parsley, lemon, and garlic condiment, which perks up a hearty duo of black lentils and mild tilapia.



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Ingredients



2
TILAPIA FILLETS



1/2 cup
BLACK LENTILS



2 cloves
GARLIC



1
MEYER LEMON



1/2 lb
BROCCOLI



1 bunch
PARSLEY

KNICK KNACKS:



2 Tbsps
BUTTER



1 oz
GOLDEN SWEET
PIQUANTE
PEPPERS



1 Tbsp
CAPERS



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1 Cook the lentils:

- ☐ Place an oven rack in the center of the oven, then preheat to 450°F.
- ☐ Heat a medium pot of salted water to boiling on high. Once boiling, add the **lentils** and cook 24 to 26 minutes, or until tender.
- ☐ Drain thoroughly and rinse under warm water; return to the pot. Set aside in a warm place.

2 Prepare & roast the broccoli:

- ☐ While the lentils cook, wash and dry the fresh produce.
- ☐ Cut off and discard the bottom 1/2 inch of the **broccoli** stem; cut the broccoli into small pieces.
- ☐ Place on a sheet pan. Drizzle with olive oil and season with salt and pepper; toss to coat. Arrange in an even layer.
- ☐ Roast 15 to 17 minutes, or until browned and tender when pierced with a fork. Remove from the oven.



3 Prepare the remaining ingredients & make the gremolata:

- ☐ While the broccoli roasts, peel the **garlic**. Roughly chop 1 clove. Finely chop the remaining clove; using the flat side of your knife, smash until it resembles a paste (or use a zester).
- ☐ Using a peeler, remove the yellow rind of the **lemon**, avoiding the white pith; mince the rind to get 2 teaspoons of zest (or use a zester). Quarter and deseed the lemon.
- ☐ Finely chop the **peppers**.
- ☐ Finely chop the **parsley** leaves and stems.
- ☐ In a bowl, combine the **lemon zest**, **chopped peppers**, **half the chopped parsley**, the **juice of 2 lemon wedges**, **1 tablespoon of olive oil**, and **as much of the garlic paste as you'd like**. Season with salt and pepper to taste.



4 Cook the fish:

- ☐ While the broccoli continues to roast, pat the **fish fillets** dry with paper towels; season with salt and pepper on both sides.
- ☐ In a large pan (nonstick, if you have one), heat 2 teaspoons of olive oil on medium-high until hot. Add the seasoned fillets and cook 2 to 3 minutes per side, or until lightly browned and cooked through.
- ☐ Leaving any brown bits (or fond) in the pan, transfer to a plate; set aside in a warm place.

5 Make the pan sauce:

- ☐ To the pan of reserved fond, add the **capers**, **chopped garlic**, **butter**, and **1 tablespoon of olive oil**; season with salt and pepper. Cook on medium-high, stirring constantly and scraping up any fond from the bottom of the pan, 1 to 2 minutes, or until lightly browned and fragrant.
- ☐ Turn off heat; stir in the **juice of the remaining lemon wedges** (be careful, as the liquid may splatter). Season with salt and pepper to taste.



6 Finish the lentils & serve your dish:

- ☐ Stir the **roasted broccoli** and **gremolata** into the pot of **cooked lentils**. Season with salt and pepper to taste.
- ☐ Serve the finished lentils with the **cooked fish fillets**. Top the fish with the **pan sauce**. Garnish with the **remaining parsley**. Enjoy!