

Tilapia & Black Lentil Salad

with Lemon Pan Sauce

TIME: 30-40 minutes

SERVINGS: 2

In this dish, we're putting a twist on Italian gremolata: adding pickled peppers to the classic parsley, garlic, and lemon condiment. The bright, tangy flavors perk up a hearty salad of black lentils and roasted broccoli. We're also using lemon juice as the base for an easy pan sauce to serve over our seared tilapia.



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Ingredients



2
TILAPIA FILLETS



1/2 cup
BLACK BELUGA
LENTILS



2 cloves
GARLIC



1
LEMON



1/2 lb
BROCCOLI



1 bunch
PARSLEY

KNICK KNACKS:



2 Tbsps
BUTTER



1 oz
GOLDEN OR RED
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 saucepan of salted water to boiling on high.
- ☐ Once boiling, add the **lentils** and cook, uncovered, 24 to 26 minutes, or until tender. Turn off the heat.
- ☐ Drain thoroughly and rinse under warm water; return to the pot. Cover to keep warm.

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, keeping the florets intact.
- ☐ 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:

- ☐ 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.
- ☐ Roughly chop the **peppers**.
- ☐ Finely chop the **parsley** leaves and stems.
- ☐ To make the gremolata, 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:

- ☐ 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 browned bits (or fond) in the pan, transfer to a plate.



5 Make the pan sauce:

- ☐ Add the **capers, chopped garlic, butter, and 1 tablespoon of olive oil** to the pan of reserved fond; season with salt and pepper. Cook on medium-high, stirring constantly and scraping up any fond, 1 to 2 minutes, or until browned and fragrant.
- ☐ Turn off the 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:

- ☐ To the saucepan of **cooked lentils**, add the **roasted broccoli and gremolata**. Stir to combine; 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 chopped parsley**. Enjoy!