

Baked Tilapia & Za'atar Breadcrumbs

with Israeli Couscous

4 SERVINGS


25-35 MINS

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Ingredients

 4 Tilapia Fillets


 2 Bell Peppers

 1 oz Butter


 1/3 cup Salsa Verde

 1 1/4 cups Panko Breadcrumbs

 1 cup Pearl Couscous


 1/2 lb Grape Tomatoes


 1 1/2 oz Feta Cheese

 1 tsp Preserved Lemon Purée

 1 Tbsp Za'atar Seasoning¹

 2 cloves Garlic

 2 Tbsps Dried Currants

 1/4 cup Labneh Cheese

 1/4 cup Mayonnaise



Serve with Blue Apron wine that has this symbol
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¹. Ground Sumac, Sesame Seeds, Salt, Ground Thyme, Whole Dried Oregano & Crushed Aleppo Pepper

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 **1 tablespoon of water**. Taste, then season with salt and pepper if desired.



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 fish & vegetables

- Meanwhile, pat the **fish** dry with paper towels; season with salt and pepper on both sides.
- Carefully place the **seasoned fish** on top of the **partially baked vegetables**. Evenly top with the **breadcrumb topping**.
- Bake 8 to 10 minutes, or until the breadcrumbs are browned and the fish is cooked through.*
- Remove from the oven.



5 Cook the couscous

- Meanwhile, add the **couscous** to the pot of boiling water. Cook 5 to 7 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 fish and vegetables** topped with the **lemon labneh**. Serve the **dressed couscous** on the side. Enjoy!



*The USDA recommends a minimum safe cooking temperature of 145°F for fish.

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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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