

# Kumquat-Lime Glazed Tilapia

*with Brussels Sprouts & Almond Freekeh*

Freekeh is an ancient Middle Eastern dish that's made using a unique technique. First, the wheat is harvested when the grains are relatively young. The whole stalk is sun-dried, then carefully set on fire, so the chaff burns off. What remains are the seeds, which are now delightfully toasted. We're using this special, smoky grain to complement the sweet and sour lime-kumquat glazed tilapia in this zesty meal.



## Ingredients



- 6 Ounces Brussels Sprouts
- 2 Ounces Kumquats
- 2 Cloves Garlic
- 1 Bunch Mint
- 1 Lime
- $\frac{3}{4}$  Cup Cracked Freekeh
- 1 Tablespoon Rice Vinegar
- 2 Tablespoons Sugar
- 3 Tablespoons Slivered Almonds
- 2 6-Ounce Tilapia Fillets

Makes 2 Servings  
About 645 Calories Per Serving

# Instructions



## Prepare the ingredients:

Wash and dry the fresh produce. Heat a medium pot of salted water to boiling on high. Cut off and discard the root ends of the Brussels sprouts, then thinly slice the heads. Slice the kumquats into thin rounds. Peel and mince the garlic. Pick the mint leaves off the stems; discard the stems and roughly chop the leaves. Using a peeler, remove the green rind of the lime (avoiding the white pith); mince the rind to make 2 teaspoons of lime zest. Cut the lime into quarters.



## Cook the freekeh:

Once the water is boiling, add the **cracked freekeh** and cook 20 to 22 minutes, or until tender. Drain thoroughly and return to the pot. Drizzle with olive oil, season with salt and pepper to taste and stir to combine.



## Make the kumquat-lime glaze:

While the freekeh is cooking, in a small pot, combine the **kumquats**, **sugar**, **lime zest**, **rice vinegar** and **1 cup of water** and heat to boiling on medium-high. Cook, stirring occasionally, 14 to 16 minutes, or until thickened and reduced in volume. Remove from heat and stir in the **juice of 2 lime wedges**.



## Toast the nuts:

While the glaze is reducing, heat a large pan (nonstick, if you have one) on medium until hot. Add the **almonds** and toast 1 to 2 minutes or until fragrant and slightly golden. Transfer the toasted almonds to a small bowl and set aside. Wipe out the pan.



## Cook the fish:

Pat the **tilapia fillets** dry, then season with salt and pepper on both sides. In the same pan used to toast the nuts, heat 2 teaspoons of olive oil on medium-high until hot. Add the **fillets** and cook 3 to 4 minutes per side, or until browned and cooked through. (Loosely cover the pan with aluminum foil to help the fish cook faster.) Transfer the fish to a plate and wipe out the pan.



## Cook the Brussels sprouts & plate your dish:

In the same pan used to cook the fish, heat 2 teaspoons of olive oil on medium-high until hot. Add the **garlic** and cook, stirring frequently, 30 seconds to 1 minute, or until fragrant. Add the **Brussels sprouts** and season with salt and pepper. Cook 2 to 3 minutes, or until browned. Stir in the **cooked freekeh**, **toasted almonds** and **all but a pinch of the mint** (save the rest for garnish). Season with salt and pepper and cook 1 to 2 minutes, or until heated through. To plate your dish, divide the freekeh and fish between 2 plates and top the fish with a couple spoonfuls of **glaze**. Garnish with the **remaining mint and lime wedges**. Enjoy!