Fish a la meunière is a classic French dish in which fillets are dredged in flour and served with a simple sauce of lemon, parsley and butter. (The word “meunerie” translates to “mill,” a reference to the flour used in the preparation.) We’ve decided to add a few signature touches. To give the sauce extra flavor, we’re using capers. And instead of just flour, you’ll coat the fillets in panko breadcrumbs, giving them a satisfying, crunchy coating that soaks up the rich sauce. Served with hearty chard and lentils spiced with Ras el Hanout (a North African blend), this dish is a portrait of simple elegance.

**Ingredients**
- 2 Tilapia Fillets
- ½ Cup Black Beluga Lentils
- 2 Cloves Garlic
- 1 Bunch Rainbow Chard
- 1 Red Onion
- 1 Lemon
- 1 Bunch Parsley

**Knick Knacks**
- 4 Tablespoons Butter
- 2 Tablespoons Capers
- 2 Teaspoons Ras El Hanout
- ⅓ Cup Panko Breadcrumbs

Makes 2 Servings
About 640 Calories Per Serving
Cooking Time: 25 to 35 minutes
Instructions

1. **Cook the lentils:**
   Heat a medium pot of salted water to boiling on high. Once boiling, add the lentils. Cook 14 to 16 minutes, or until softened. Drain thoroughly and transfer to a bowl; set aside in a warm place. Rinse and dry the pot.

2. **Prepare the ingredients:**
   While the lentils cook, wash and dry the fresh produce. Remove the fish from the refrigerator to bring to room temperature. Peel and thinly slice the garlic and onion. Separate the chard leaves and stems; roughly chop the leaves and thinly slice the stems, keeping them separate. Using a peeler, remove the rind of the lemon, avoiding the pith; mince the rind to get 2 teaspoons of zest (or use a zester). Quarter and deseed the lemon. Pick the parsley leaves off the stems; discard the stems. Roughly chop the capers.

3. **Bread & cook the tilapia:**
   While the lentils continue to cook, place the breadcrumbs onto a large plate. Pat the tilapia fillets dry with paper towels; season with salt and pepper on both sides. Coat 1 side of each seasoned fillet in the breadcrumbs. In a medium pan, heat a thin layer of olive oil on medium-high until hot. Add the fillets, breaded side down first. Cook 2 to 3 minutes per side, or until golden brown and cooked through. Transfer to a paper towel-lined plate; set aside in a warm place. Carefully wipe out the pan.

4. **Cook the vegetables & add the lentils:**
   In the pot used to cook the lentils, heat 2 teaspoons of olive oil on medium-high until hot. Add the garlic, onion, chard stems and ras el hanout. Cook, stirring frequently, 3 to 5 minutes, or until tender and fragrant. Add the chard leaves and ¼ cup of water; season with salt and pepper. Cook, stirring frequently, 2 to 3 minutes, or until the chard leaves have wilted. Add the lemon zest, the juice of 1 lemon wedge, cooked lentils and ¼ of the butter. Cook, stirring constantly, 1 to 2 minutes, or until thoroughly combined. Remove from heat. Cover and set aside in a warm place.

5. **Make the meunière sauce:**
   In the same pan used to cook the tilapia, melt the remaining butter on medium heat. Cook, occasionally swirling the butter around the pan, 1 to 2 minutes, or until fragrant and golden brown. (The butter will bubble, then the foam will subside). Turn off the heat; add the capers and the juice of the remaining lemon wedges. Stir until combined; season with salt and pepper to taste.

6. **Plate your dish:**
   Divide the lentil-vegetable mixture between 2 bowls. Top each with a cooked tilapia fillet. Top with the meunière sauce and garnish with the parsley. Enjoy!