

Parmesan Crusted Tilapia

with Parsley Potatoes & Carrots

Crispy parmesan-panko crust is the perfect topping for delicate tilapia. We've served it with potatoes and carrots in a garlicky herb butter for a Spring preview!



30 min



level 1







apia Baby Potatoes







Decemberry Chase









Dried Oregani

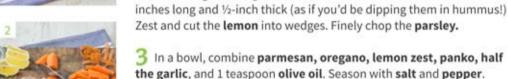
Ingredients		2 People	4 People	*
Tilapia	4)	2 fillets	4 fillets	
Baby Potatoes		12 oz	24 oz	A
Carrot		1	2	1
Lemon		1	2	4
Garlic		2 cloves	4 cloves	7
Parsley		1 bunch	2 bunches	10
Dried Oregano		1t	2 t	
Panko	1)	1/4 C	√2 C	
Parmesan Cheese	7)	1/4 C	1/2 C	
Butter*	7)	1T	2 T	
Olive Oil*		1T	2 T	

Not included Allergens 1) Gluten 1) Fish 7) Milk

er person Calories: 539 | Carbs: 48g | Fat: 21g | Protein: 47g | Fiber: 8g



Preheat oven to 400 degrees. Place the potatoes in a pot of water with a large pinch of salt. Cut any larger potatoes in half so they all cook evenly. Bring to a boil, reduce to a simmer, and cook for 15-20 minutes, until easily pierced with a knife. We'll be adding the carrots to the pot later, so keep an eye on the time!



Zest and cut the lemon into wedges. Finely chop the parsley.

Mince or grate the garlic. Peel the carrot and cut it into sticks 2





When the potatoes are almost ready, add the carrots to the pot with the potatoes and cook for about 5 minutes, until crisp-tender. Drain and return to the pot. Add the butter, remaining garlic, and a pinch of parsley. Season with salt and pepper. Cook, tossing, for a minute or two, until garlic is fragrant.



Serve the tilapia with the potatoes and carrots to the side. Finish with squeeze of lemon and remaining parsley.