






Cooking Made Easy



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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



nut free



eat me first



Tilapia



Baby Potatoes



Carrot



Panko



Parmesan Cheese



Lemon



Garlic



Parsley



Dried Oregano

Ingredients	2 People	4 People
Tilapia	4)	4 fillets
Baby Potatoes		12 oz
Carrot		2
Lemon		1
Garlic		2 cloves
Parsley		1 bunch
Dried Oregano		1 t
Panko	1)	¼ C
Parmesan Cheese	7)	¼ C
Butter*	7)	1 T
Olive Oil*		1 T

*Not included

Allergens

1) Gluten

4) Fish

7) Milk



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



1 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!



2 Mince or grate the **garlic**. Peel the **carrot** and cut it into sticks 2 inches long and ½-inch thick (as if you'd be dipping them in hummus!) Zest and cut the **lemon** into wedges. Finely chop the **parsley**.



3 In a bowl, combine **parmesan, oregano, lemon zest, panko, half the garlic**, and 1 teaspoon **olive oil**. Season with **salt** and **pepper**.

4 Place the **tilapia fillets** on an oiled baking sheet. Drizzle each tilapia fillet with 1 teaspoon **olive oil** and season with **salt** and **pepper**. Top each fillet with **half the panko mixture** and press to adhere. Place in the oven and bake for about 8 minutes, until the fish is slightly opaque and easily flakes with a fork. **HINT:** If you'd like, turn on the broiler and place the fillets under the heat source for about a minute, until the crust is golden brown. Make sure to keep an eye on it, it can burn quickly!



5 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.

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