

Pozole de Pescado

Think modern Mexican. We're serving up mild tilapia in a bowl of delicately flavored Mexican tomato broth (pozole), corn, black beans and crispy tortilla chips. The result is a soup that's bright, light and just what you're craving.

30 *Minutes to the Table*

15 *Minutes Hands On*

1 Whisk *Super Easy*

Getting Organized

EQUIPMENT

Large Saucepan or
Dutch Oven

FROM YOUR PANTRY

Olive Oil
Salt & Pepper

5 MEEZ CONTAINERS

Carrots & Celery
Tilapia
Tomatoes & Spices
Corn & Beans
Tortilla Chips

Make The Meal Your Own

Want to make the meal more fun? Serve with tortilla chips as dippers.

Like it hot? Add a pinch of crushed red pepper or a dash of your favorite hot sauce to your pozole once it's cooked.

Our tilapia is responsibly fished, so it's free from dyes, antibiotics and any industrial grain-based diets.

Good To Know

Health snapshot per serving – 425 Calories, 48g Protein, 7g Fat, 8g Fiber, 10 Smart Points

Have questions? The dinner hotline is standing by from 5 to 8 pm at 773.916.6339.

INGREDIENTS: Tilapia, Tomatoes, Onion, Corn, Black Beans, Celery, Carrot, Tortilla Chips, White Wine, Apple Cider Vinegar, Lime Juice, Cilantro, Garlic, Spices

meez*meals*

1. Prep the Tilapia

Cut each **Tilapia** fillet in half lengthwise and then cut each half horizontally into 2 to 3 equal pieces (tilapia fillets typically have one side that is longer than the other, so you should get 3 to 4 pieces out of the longer side and 2 to 3 pieces from the shorter side, about 5 to 7 pieces total per fillet). Season with ½ tsp salt.

2. Make the Pozole

Heat 2 Tbsp of oil in a large saucepan or Dutch oven over medium-high heat. Add **Carrots & Celery** and cook until the onions are translucent and the vegetables have softened, about 5 minutes. Add the tilapia and let cook, without stirring, until the outside begins to color, about 4 to 5 minutes.

Add **Tomatoes & Spices** and **Corn & Beans** and 2 cups water. Bring to a boil and then reduce heat and simmer until the tilapia flakes easily with a fork, about 15 minutes. Season with salt and pepper to taste.

3. Put It All Together

Serve pozole topped with crushed **Tortilla Chips**.

Love this recipe? #meezmagic

Instructions for two servings.

Meez Meals * 1459 N. Elmwood Avenue * Evanston * Illinois * Prepare by October 29