

# Blackened Tilapia Over Cornbread Crumbles

With Cajun-spiced tilapia, toasted cornbread crumbles and a lemony summer squash salad, this gem is a sophisticated take on down-home New Orleans cooking.

**15 Minutes to the Table**

**15 Minutes Hands On**

**1 Whisks** *Super Easy*

## Getting Organized

### EQUIPMENT

- Mixing Bowl
- Baking Sheet
- Large Skillet

### FROM YOUR PANTRY

- Olive Oil

### 5 MEEZ CONTAINERS

- Cornbread
- Lemon Aioli
- Zucchini & Summer Squash
- Cajun Seasoning
- Tilapia

## Good to Know

If you ordered the **Carb Conscious version**, we sent you yellow peppers instead of the cornbread, reducing the **carbs per serving to 21g**. In place of step 1., heat 1 Tbsp olive oil in a large skillet over medium high heat. When the oil is hot, add the yellow peppers and sauté until they begin to char, about 2 to 3 minutes. Transfer directly to serving plates. Wipe out the pan and continue with step 2.

**Tilapia** is rich in minerals, proteins and vitamins which strengthen our bone health and reduce the risk of Osteoporosis. It boosts muscle growth in body and also helps in cellular repair and maintain proper metabolic activity.

**Health snapshot per serving** – 550 Calories, 50g Protein, 17g Fat, 52g Carbs, 9 Freestyle Points

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

INGREDIENTS: Tilapia, Cornbread, Zucchini, Summer Squash, Celery, Green Onions, Mayonnaise, Sriracha, Lemon, Black Pepper, Cajun Spices, Brown Sugar.

**meez**  
*meals*

## **1. Toast the Cornbread**

Heat conventional or toaster oven to 400 degrees. Toast the **Cornbread** on a baking sheet until warm and golden brown, about 4 to 5 minutes. Remove from the oven and when the cornbread has cooled a bit, crumble into little pieces on serving plates.

## **2. Create Salad**

While the cornbread is toasting put the **Zucchini & Summer Squash** in a mixing bowl. Add all except about 1 Tbsp of **Lemon Aioli** and toss well, then refrigerate. Save the remaining aioli for step 4.

## **3. Sear the Tilapia**

Spread the **Cajun Seasoning** on a plate. Pat the **Tilapia** dry and press into the Cajun Seasoning, so it is fully coated, then repeat for the other side and remaining pieces.

Heat 2 Tbsp of olive oil in a large skillet over medium high heat. When the oil is hot, add the tilapia and cook until the coating on the sides turn brown, about 3 to 4 minutes. Flip and cook until the other side is brown, an additional 3 to 4 minutes.

## **4. Putting It All Together**

Serve the squash salad over the cornbread crumbles and top with the tilapia. Drizzle the remaining lemon aioli to taste. Enjoy!

Instructions for two servings.

**Meez Meals \* 1459 N. Elmwood Avenue \* Evanston \* Illinois**