

Banana Pepper Tilapia with Jamaican Rice

This recipe is infused with island flavors, starting with classic rice and beans and a mildly spicy, tropical Banana Pepper Salsa, and then finished with a mango crema. Paired with seared tilapia, it's a fun and delicious dinner.

30 *Minutes to the Table*

30 *Minutes Hands On*

1 Whisk *Super Easy*

Getting Organized

EQUIPMENT

Medium Saucepan
Large Skillet
Colander

FROM YOUR PANTRY

Olive Oil
Salt & Pepper

6 MEEZ CONTAINERS

Red & Brown Rice
Sweet Potatoes
Jamaican Spiced Beans
Tilapia
Banana Pepper Salsa
Coconut Mango Crema

Good to Know

Health snapshot per serving – 600 Calories, 9g Fat, 49g Protein, 83g Carbs, and 10 Freestyle Points.

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

INGREDIENTS: Tilapia, Sweet Potatoes, Black Beans, Roasted Red Peppers, Tomatoes, Banana Peppers, Red Rice, Brown Rice, Zucchini, Yellow Bell Peppers, Coconut Milk, Red Onion, Sour Cream, Mango, Cajun Spice, Cilantro, Lime

meez *meals*

1. **Get Organized**

Bring a medium saucepan of water to a boil.

2. **Make the Jamaican Rice & Beans**

Add the **Red & Brown Rice** to the boiling water and cook until tender, about 20 to 25 minutes. Drain the rice and set aside in the colander. Wipe out the saucepan.

Heat 1 Tbsp olive oil in the now-empty rice saucepan over medium-high heat. When the oil is hot, add the **Sweet Potatoes** and cook until they start to brown and are fork tender, about 6 to 7 minutes. Stir in the **Jamaican Spiced Beans** and cook until the beans hot, about 1 to 2 additional minutes. Remove from the heat. Add back the cooked and drained rice and stir well. Cover and set aside until step 4.

3. **Cook the Tilapia**

While the rice is cooking, heat 1 Tbsp olive oil in a large skillet over medium-high heat. When the oil is hot, add the **Tilapia** and cook until the bottom is brown and crispy, about 3 to 4 minutes. Flip, and cook until the other side until it is also browned, about 3 additional minutes. Remove from the heat and let rest for 5 minutes.

4. **Heat the Tortillas and Serve**

Serve the tilapia over the Jamaican rice & beans. Spread the **Banana Pepper Salsa** on top of the tilapia from edge-to-edge and drizzle with the **Coconut Mango Crema**. Enjoy!

Instructions for two servings.

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