

Parmesan Tilapia with Broccoli & Cauliflower Au Gratin

This gem starts with a crispy Parmesan and breadcrumb crust that makes tilapia magical. Served over an incredible, creamy, melty broccoli and cauliflower au gratin with crispy leeks, it's a sophisticated dinner that's on your table in just 30 minutes.

Getting Organized

EQUIPMENT

Large Skillet
Casserole Dish

FROM YOUR PANTRY

Olive Oil
Salt & Pepper
Flour (2 Tbsp)
Eggs (2)

6 MEEZ CONTAINERS

Broccoli & Cauliflower
Spinach Cream Sauce
Seasoned Cheese Blend
Parmesan Breadcrumbs
Tilapia
Leeks

INGREDIENTS: Tilapia, Broccoli, Cauliflower, Leeks, Spinach, Parmesan, Pecorino Romano, White Cheddar, Monterey Jack, Breadcrumbs, Cream, Mustard, Black Pepper, Vegetable Stock.

Good to Know

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 – 745 Calories, 25g Protein, 54g Fat, 49g Carbs, 25 Freestyle Points

Lightened-Up Health snapshot per serving – 560 Calories, 34g Fat, 17 Freestyle Points with half the sauce.

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

**SCAN QR CODE to view
YouTube cooking video**



30 Minutes to the Table

30 Minutes Hands On

2 Whisks Easy

meez meals

1. Getting Organized

Preheat oven to 400 degrees and spray or lightly brush a casserole dish with oil.

2. Create the Au Gratin

Heat 1 Tbsp olive oil in a large skillet over medium-high heat. When the oil is hot, add the **Broccoli & Cauliflower** and cook until they start to brown, about 3 minutes. Add in 2 Tbsp flour and cook until the flour starts to brown, about 2 minutes. Add the **Spinach Cream Sauce** and bring to a boil, stirring constantly until the sauce thickens enough to coat the back of a spoon, about 3 minutes. Remove from the heat and stir in the **Seasoned Cheese Blend**.

3. Finish and Bake the Au Gratin Broccoli & Cauliflower

Transfer the contents of the skillet into a casserole dish and cover with 1/3 of the **Parmesan Breadcrumbs**. Bake until crust starts to brown, about 10 minutes. Remove from the oven and set aside to cool.

4. Make the Tilapia

While the vegetables are baking, spread the remaining Parmesan Crust, along with 1 teaspoon of salt and 1 teaspoon of pepper to breadcrumbs and on a large plate. Scramble 2 eggs in a small bowl. Pat dry the **Tilapia** and dip the tilapia in the egg, making sure both sides are coated. Put the tilapia on the plate with the Parmesan Crust and press down to ensure it sticks to the tilapia. Flip the tilapia and repeat for the other side.

Wipe out the skillet used for the vegetables and heat 2 Tbsp olive oil on medium-high. When the oil is hot, cook the tilapia until you can see the coating on the sides starting to brown, about 3 to 4 minutes. Flip and cook until the coating on the bottom is also brown. Set the tilapia aside to rest but do not wipe out the skillet.

5. Cook the Leeks

Add the **Leeks** to the now empty skillet over high heat and sauté until they start to crisp, about 4 minutes. Remove from the heat.

6. Put It All Together

Top the Au Gratin Broccoli & Cauliflower with the tilapia and then the crispy leeks. Enjoy

Keep an eye on the crust the last few minutes, so it doesn't burn.

Instructions for two servings.

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