

Lemon Tilapia Scampi over Zucchini Noodles

Lemon, garlic and butter come together to make a magical scampi sauce that's perfect with seared tilapia. Served over carb-conscious zucchini noodles and topped with almonds, this is a low-calorie dish that tastes like it came from a high-end restaurant.

15 Minutes to the Table

15 Minutes Hands On

1 Whisk *Super Easy*

Getting Organized

EQUIPMENT

Large Skillet

FROM YOUR PANTRY

Olive Oil

Salt & Pepper

Butter (1 Tbsp per serving)

4 MEEZ CONTAINERS

Zucchini & Squash

Noodles

Tilapia

Scampi Sauce

Almonds

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 – 325 Calories, 31g Protein, 19g Fat, 7 Freestyle Points

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

INGREDIENTS: Tilapia, Zucchini, Squash, Almonds, Pecorino Romano, Olive Oil, Garlic, Lemon, Chives.

*meez*meals

1. Cook the Zucchini & Squash Noodles

Heat 1 Tbsp olive oil in a large skillet over high heat.

Dry the **Zucchini & Squash Noodles** with a paper towel. When the oil is very hot, add the zucchini & squash in a single layer spread evenly across the entire skillet. Cook, without stirring, until the zucchini are slightly charred, about 3 minutes. Remove from the heat and place directly on serving plates.

2. Sauté the Tilapia

Wipe out the skillet and return to the stove over medium-high heat with 2 Tbsp olive oil.

Pat the **Tilapia** dry with a paper towel and salt and pepper both sides. When the oil is hot, add the tilapia and cook until it is light brown on the bottom and you start to see browning on the sides, about 3 to 4 minutes. Flip and cook until the other side is also brown, another 3 to 4 minutes. Remove the tilapia from the heat and set aside to rest.

3. Make the Scampi Sauce

Wipe out the skillet and return to the stove over medium heat. Melt 2 Tbsp butter and then mix in the **Scampi Sauce**. Stir until the entire mixture is warm and remove from the heat.

4. Put It All Together

Pour half the scampi sauce on the plated zucchini & squash noodles. Place the tilapia on top of the vegetables and drizzle with the remaining sauce. Sprinkle the **Almonds** on top and enjoy!

Instructions for two servings.

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