

# Noodle Carbonara with Lemon Tilapia

We love the creamy richness of a classic carbonara. We simplified the prep by creating a cheese and cream blend that still keeps all that flavor. We are pairing it with sauteed green veggies, flaky, tender tilapia, crispy bacon, and tender egg noodles for a meal that feels like 5-star dining.

**30** Minutes to the Table

**30** Minutes Hands On

**2 Whisks** *Easy*

## Getting Organized

### EQUIPMENT

- Large Saucepan (with cover)
- Large Skillet

### FROM YOUR PANTRY

- Olive Oil
- Salt & Pepper
- Flour (1/4 cup+ per serving)
- Butter (1/2 Tbsp per serving)

### 7 MEEZ CONTAINERS

- Egg Noodles
- Bacon Crumbles
- Kale & Chopped Veggies
- Cream
- Cheese
- Tilapia
- Lemon

## 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** – 675 Calories, 58g Protein, 30g Fat, 45g Carbs, 17 Freestyle points

**Lightened-Up Health snapshot per serving** – 590 Calories, 24g Fat, 40g Carbs, 14 Freestyle points by using two-thirds of the cooked sauce.

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

INGREDIENTS: Tilapia, Egg Noodles, Kale, Green Cabbage, Brussels Sprouts, Broccoli, Radicchio, Bacon (pork), Cream, Parmesan, Pecorino Romano, Black Pepper, Garlic, Lemon.

*meez* meals

### 1. Cook the Noodles

Bring a saucepan of water to boil. Add the **Egg Noodles** and a few pinches of salt to the boiling water and cook until al dente, about 5 to 6 minutes. Drain the noodles and set aside. Wipe out the saucepan and set aside until step 3.

### 2. Crisp the Bacon

While the noodles are cooking, heat a large skillet over medium heat. When the pan is hot, add the **Bacon Crumbles** and cook until crispy, stirring occasionally, about 5 minutes. Transfer the bacon to a paper-towel-lined plate and set aside. Do not wipe out the pan.

### 3. Create the Carbonara Sauce

Melt 1 Tbsp butter in the now-empty pasta pan, over medium-high heat. Then add the **Kale & Chopped Veggies** and sauté until the kale turns bright green and starts to wilt, about 4 minutes.

Add 2 teaspoons of flour and mix well. Continue cooking until the flour starts to brown, about 2 minutes. Add the **Cream** and bring to a boil. Cook until the sauce thickens enough to coat the back of a spoon, about 2 to 3 additional minutes.

Reduce the heat to low and add the **Cheese**. Stir until it melts, then add the cooked egg noodles and two-thirds of the crisp bacon. Mix well, then cover and remove from the heat.

### 4. Cook the Tilapia and Lemon

Heat 2 Tbsp of olive oil in the now-empty bacon skillet, over medium high heat. Pour 1/4 cup of flour onto a plate. Add 1 tsp salt/pepper to flour and mix well. Pat the **Tilapia** dry with a paper towel. Press the tilapia into the flour, flip and repeat in order to evenly coat both sides of the fish. When the oil is hot, shake off any excess flour and add the coated tilapia to the skillet. Cut the **Lemon** in half and place next to the tilapia, cut side down.

Cook the tilapia until the coating on the sides turns brown, about 3 to 4 minutes. Flip and cook until the other side is brown, an additional 3 to 4 minutes. Remove both the tilapia and the lemon from the skillet.

### 5. Put It All Together

Serve the egg noodle carbonara topped with the tilapia and a squeeze of grilled lemon. Sprinkle the remaining bacon crumbles over top and enjoy!

Instructions for two servings.

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