

# Caper Tilapia with Parsley and Potatoes

Sophisticated made easy. We're serving seared tilapia with a classic beurre blanc sauce this week. It sounds fancy, but this parsley caper butter sauce comes together in a flash. Served over roasted potatoes, it's a recipe the whole family will love.

**35** Minutes to the Table

**10** Minutes Hands On

**1 Whisk** Super Easy

## Getting Organized

### EQUIPMENT

Rimmed Baking Sheet  
Large Skillet

### FROM YOUR PANTRY

3 Tbsp Butter  
Olive Oil  
Salt & Pepper

### 5 MEEZ CONTAINERS

Fingerling Potatoes  
Tilapia  
White Wine  
Capers & Garlic  
Parsley

## Make The Meal Your Own

If you ordered the **carb conscious version**, you received broccoli instead of fingerling potatoes reducing the **carbs per serving to 16g**. Preheat oven to 425 (rather than 400) and for step 2. place the broccoli on a baking sheet, drizzle with olive oil, salt and pepper and bake until the broccoli starts to brown, about 8 to 10 minutes.

**To get your potatoes nice and crisp**, arrange them skin-side up on your baking sheet.

## Good To Know

**The parsley caper butter sauce** is our take on the classic French beurre blanc. It sounds complicated, but it's simple to make and adds great flavor to the dish.

**Health snapshot per serving** – 660 Calories, 25g Fat, 47g Protein, 57g Carbs, 19 Smart Points

**Lighten Up snapshot per serving** – 515 Calories, 14g Fat, 45g Protein, 44g Carbs, 14 Smart Points with ½ the butter and oil, and ¾ potatoes.

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

INGREDIENTS: Fingerling Potatoes, Tilapia, White Wine, Caper, Parsley, Garlic

meez meals

### 1. Getting Organized

Preheat your oven to 400 degrees.

### 2. Prep and Roast the Potatoes

Cut the **Fingerling Potatoes** in half lengthwise. Toss with 2 Tbsp of oil and season generously with salt and pepper. Arrange in a single layer on a baking sheet and roast until deep brown and crispy, about 30 minutes.

### 3. Cook the Tilapia

When the potatoes have been cooking for 15 minutes, dry the **Tilapia**. Season the tilapia with ¼ tsp each salt and pepper. Heat 2 Tbsp oil in a large skillet over medium-high heat. When the oil is hot, add the tilapia and cook until browning on the bottom and coloring up the sides, about 3 to 4 minutes. Flip and cook an additional 3 to 4 minutes. Remove to a plate and let rest. Pour out any excess oil from the skillet.

### 4. Make the Sauce

Cut 3 Tbsp cold butter in small chunks. Add the **White Wine** to the now-empty skillet, return skillet to stove and cook over medium high heat. Continue to stir, scraping up any browned bits from the bottom of the pan. Cook the wine until about 1/3 of it has reduced, about 3 to 6 minutes. Add the **Capers & Garlic** and cook 1 minute. Turn off the heat and stir in butter and **Parsley**.

### 5. Put It All Together

Top the crispy potatoes with the fish and drizzle the white wine butter sauce over the top to serve.

*For extra crispy potatoes, place them skin-side up.*

*Pour out extra oil but leave behind any browned bits on the bottom of the skillet - they add great flavor to your sauce.*

Instructions for two servings.

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