

Tilapia Milanese

A delicious Milanese dinner with tasty linguine pasta, crispy breaded tilapia, and a lemony buttery herb sauce. Our version is faster than you'd expect for such a restaurant-worthy dinner...ready in 20 minutes!

20 *Minutes to the Table*

20 *Minutes Hands On*

1 Whisks *Super Easy*

Getting Organized

EQUIPMENT

Large Skillet
Saucepan
Large Mixing Bowl

FROM YOUR PANTRY

Olive Oil
Salt & Pepper
Butter (1 Tbsp/svg.)

6 MEEZ CONTAINERS

Tomatoes
Linguine
Tilapia
Panko Breading
Garlic & Herbs
Lemon

Good To Know

Health snapshot per serving – 630 Calories, 10g Fat, 55g Protein, 82g Carbs, 11 Smart Points

Have questions? The dinner hotline is standing

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



INGREDIENTS: Tilapia, Tomatoes, Linguine, Panko, Pecorino Romano, Yellow Onion, Capers, Garlic, Lemon, Basil, Parsley, Paprika, Kosher Salt, Oregano, Black Pepper

meez *meals*

1. Getting Organized

Put a saucepan of water to boil.

2. Cook the Pasta

Add the **Linguini** to the boiling water with a generous sprinkle of salt. Cook until al dente, about 10 to 12 minutes. Drain well and set aside. Wipe out the saucepan.

3. Cook the Tilapia

While the pasta is cooking, pat dry the **Tilapia** and lightly spray or brush with olive oil then generously season with salt and pepper.

Spread the **Panko Breading** evenly on a large plate and put one piece of tilapia onto the breading. Press down to make sure the as much breading as possible adheres then repeat on the other side and remaining pieces.

Heat 1 Tbsp olive oil in a large skillet over medium-high heat. When the oil is hot, add the breaded tilapia to the pan and cook, without moving, until the bottom is brown, about three minutes. Flip and continue cooking until other side is brown as well, about 3 more minutes. Remove from the heat and set aside to rest for 5 minutes. Wipe out the skillet.

4. Cook the Tomatoes

Squish the **Tomatoes** in a zip lock plastic bag. Heat 1 tbsp olive oil in the now-empty skillet and when the oil is hot, add the squished tomatoes. Cook until they start to char, about 5 to 6 minutes. Turn off the heat and add the cooked pasta to the skillet. Set aside.

5. Make the Sauce

Melt 2 Tbsp butter in the saucepan used for the pasta over medium heat. Add the **Garlic & Herbs** and cook until the garlic and capers just start to brown, about 3 to 4 minutes. Turn off the heat. Add 2 Tbsp olive oil and mix well. Spread about 2 Tbsp of the mixture on top of the cooked tilapia. Add the rest of the herb and butter mixture to the skillet with the pasta and tomatoes and stir.

6. Put It All Together

Serve the tilapia over the pasta and tomatoes. Squeeze lemon juice over the entire dish. Enjoy!

Instructions for two servings.

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