

# Tilapia with Adobo Spices

Simple, sophisticated and delicious, this is a restaurant-worthy dinner that's on the table in twenty minutes. With smoky adobo-seared tilapia, sautéed veggies and toasted flatbread, it's dinner you'll love, guaranteed.

**20** *Minutes to the Table*

**20** *Minutes Hands On*

**1 Whisks** *Super Easy*

## Getting Organized

### EQUIPMENT

Large Skillet

### FROM YOUR PANTRY

Olive Oil

### 5 MEEZ CONTAINERS

Flatbread

Adobo Seasoning

Cucumber & Spinach

Sauce

Peppers & Zucchini

Tilapia

## Good to Know

If you ordered the **Carb Conscious version**, we sent you yellow squash instead of the flatbread, reducing the **carbs per serving to 27g**. In place of step 1., heat 2 Tbsp olive oil in a large skillet over medium high heat. When the oil is hot, add the squash in a single layer. Sauté until the pieces are golden, about 5 minutes, then flip and cook until other side is golden as well. Transfer to a paper towel lined plate and season with a light sprinkle of the Adobo Seasoning.

**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** – 540 Calories, 47g Protein, 23g Fat, 41g Carbs, 12 Freestyle Points

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

INGREDIENTS: Tilapia, Flatbread, Bell Peppers, Zucchini, Spinach, Red Onion, Cucumber, Cream, Yogurt, Turmeric, Oregano, Chive, Garlic, Black Pepper, Kosher Salt, Lime.

*meez* meals

### 1. **Toast The Flatbread**

Heat a large skillet over medium high heat. Lightly brush both sides of the **Flatbread** with olive oil. Heat the Flatbread until warm, about 1 minute. Remove from the heat and season with a light sprinkle of the **Adobo Seasoning**. (Use just a small amount. You'll use the rest in step 3.)

Divide the **Cucumber & Spinach Sauce** between each diner's plate. Tear the seasoned flatbread up into small bite-sized pieces and place directly on top of the sauce.

### 2. **Sauté the Veggies**

Wipe out the now empty skillet and return to the stove over medium high heat with 1 Tbsp olive oil. When the oil is hot, add the **Peppers & Zucchini** and cook until the veggies start to char, about 3 minutes. Place the cooked veggies directly on top of the toasted flatbread pieces. Wipe out the pan.

### 3. **Sear the Tilapia and Serve**

Spread the remaining adobo seasoning on a plate. Pat the **Tilapia** dry and press into the adobo seasoning, so it is fully coated, then repeat for the other side.

Return the now-empty skillet to the stove over medium high heat with 2 Tbsp olive oil. When the oil is hot, add the tilapia and cook until the coating on the sides turn brown, about 3 to 4 minutes. Flip and cook until the other side is brown, an additional 3 to 4 minutes.

Place the tilapia on top of the peppers and zucchini and enjoy!

Instructions for two servings.

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