

Chipotle-Honey Glazed Tilapia

We're giving tilapia a sweet and smoky twist this week, with a honey and mildly spicy chipotle glaze that's flat out delicious. We're serving it with a kale, feta and cranberry salad for a dinner that's on the table in just twenty minutes. Simple and sophisticated, this dinner is a winner.

20 Minutes to the Table

20 Minutes Hands On

1 Whisk *Super Easy*

Getting Organized

EQUIPMENT

- Large Skillet
- Baking Sheet
- Mixing Bowl

FROM YOUR PANTRY

- Olive Oil
- Salt & Pepper
- Flour (1/4 cup)

5 MEEZ CONTAINERS

- Kale & Chopped Veggies
- Feta Cranberry Dressing
- Toasted Pecans & Walnuts
- Tilapia
- Honey-Chipotle Glaze

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 – 670 Calories, 45g Protein, 36g Fat, 50g Carbs, 22 Freestyle points

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

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



INGREDIENTS: Tilapia, Kale, Broccoli, Brussels Sprouts, Green Cabbage, Radicchio, Red Onion, Pecan, Feta, Cranberry, Garlic, Onion, Mayonnaise, White Wine Vinegar, Brown Sugar, Honey, Chipotles in Adobo, Orange, Lime, Tamari.

meez meals

1. Get Organized

Preheat oven to 400 degrees.

2. Create the Kale, Feta and Cranberry Salad

Spread the **Kale & Chopped Veggies** on a baking sheet. Sprinkle with salt and pepper and drizzle with olive oil. Bake until the kale starts to crisp, about 8 to 10 minutes. Toss the roasted veggies with the **Feta Cranberry Dressing** and half of the **Toasted Pecans & Walnuts** in a large mixing bowl. Refrigerate until ready to eat.

3. Cook the Tilapia

While the kale is roasting, add ¼ cup flour to a flat plate. Pat dry the **Tilapia**. Season the tilapia with ¼ tsp each salt and pepper. Put the tilapia in the flour, gently press down to coat one side of the tilapia. Flip the tilapia over and coat the other side. Repeat for all pieces of tilapia.

Heat 2 Tbsp oil in a large skillet over medium-high heat. When the oil is hot, shake off any extra flour from the tilapia. Carefully place the tilapia in the skillet and cook until browning on the bottom and coloring up the sides, about 3 to 4 minutes. Flip and cook until the bottom of the tilapia starts to brown slightly.

Add the **Honey-Chipotle Glaze** to the skillet and cook for an additional minute, frequently spooning the glaze over top of the tilapia as it boils and thickens. Turn off heat and transfer the tilapia directly to serving plates. Do not wipe out the skillet.

4. Put It All Together

Add the remaining Toasted Pecans & Walnuts to the skillet and mix with the Honey-Chipotle Glaze left in the pan until they are completely covered. Top the tilapia with the glazed nuts and serve with the Kale, Feta and Cranberry Salad on the side. Enjoy!

We've given you plenty of glaze so as soon as you have glazed the nuts, rinse the remaining glaze out of the skillet so it doesn't harden and make clean-up difficult.

Instructions for two servings.

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