

# Shanghai Orange Tilapia

Our take on Chinese Orange Chicken. We're cooking tilapia with a crunchy coating and serving it over noodles and Asian veggies with a sweet tangy sauce that we just love. This gem's on the table in just 15 minutes, faster, fresher, and more sophisticated than takeout. That's our type of dinner.

**15** Minutes to the Table

**15** Minutes Hands On

**2 Whisks** *Easy*

## Getting Organized

### EQUIPMENT

- 2 Small Mixing Bowls
- Saucepan
- Large Skillet

### FROM YOUR PANTRY

- Olive Oil
- Salt & Pepper
- Eggs (1 per serving)

### 6 MEEZ CONTAINERS

- Noodles
- Snow Peas, Water Chestnuts & Green Onions
- Seasoned Cornstarch
- Tilapia
- Orange Sauce
- Green Onions & Sesame Seeds

## 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** – 600 Calories, 59g Protein, 13g Fat, 68g Carbs, 9 Freestyle points

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

INGREDIENTS: Tilapia, Yaki Soba Noodles, Snow Peas, Water Chestnuts, Green Onions, Sesame Seeds Orange Juice, Apple Cider Vinegar, Brown Sugar, Mae Ploy, Hoisin, Sesame Oil, Ginger Paste, Cornstarch, Paprika, Kosher Salt, Black Pepper.

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### 1. Cook the Noodles

Bring a saucepan of water to boil. Add the **Noodles** and a few pinches of salt to the boiling water and cook until al dente, about 3 minutes. Drain the noodles, return to the saucepan, and cover.

### 2. Sauté the Veggies

While the noodles are cooking, heat 1 Tbsp olive oil in a large skillet over high heat. When the oil is hot, drain the excess liquid from the **Snow Peas, Water Chestnuts & Green Onions** and add to the skillet with a light sprinkle of salt and pepper. Cook until the peapods start to char, about 2 to 3 minutes. Transfer the veggies to the saucepan with the drained noodles and stir together. Cover and set aside until step 5. Wipe out the skillet.

### 3. Prepare the Tilapia

Set aside 1 Tbsp of the **Seasoned Cornstarch** for step 4. Spread the remaining cornstarch on a plate and whisk 4 eggs in a small bowl. Pat dry the **Tilapia** and dip in the egg, coating both sides. Shake off any excess egg and press firmly into the Seasoned Cornstarch, flip and repeat for the other side. Dip the coated tilapia a second time into the eggs and then the cornstarch again on both sides. Set on a plate and repeat for each piece of tilapia.

Heat 2 Tbsp of olive oil in the now empty skillet over medium high heat. When the oil is hot, add the coated tilapia and cook 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 from the skillet and set aside until step 5. Do not wipe out the pan.

### 4. Make the Orange Sauce

Add the **Orange Sauce** to the now empty skillet and reduce the heat to medium. While the sauce is heating, whisk the 1 Tbsp of the Seasoned Cornstarch you set aside in step 3, and 2 Tbsp cold water in a bowl until it forms a paste-like consistency. Then slowly whisk it into the Orange Sauce once simmering. Cook, stirring frequently, until the sauce thickens enough to coat the back of a spoon, about 5 minutes.

### 5. Put It All Together

Serve the tilapia over the noodles and veggies and spoon out enough Orange Sauce to completely cover the top of the fish. Drizzle the remaining sauce over the noodles and veggies to taste. Sprinkle the entire dish with the **Green Onions & Sesame Seeds** and enjoy!

Instructions for two servings.

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