

Mushroom Tilapia in White Sauce

Inspired by our favorite flavors of France, this recipe tastes decadent but is naturally low in calories and high in protein. With a smooth, dairy-free cream sauce, mushrooms, crispy leeks, and charred green beans, it's a restaurant-worthy dinner cooked up in your own home.

40 *Minutes to the Table*

40 *Minutes Hands On*

2 Whisks *Easy*

Getting Organized

EQUIPMENT

2 Large Skillets
Mixing Bowl

FROM YOUR PANTRY

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

5 MEEZ CONTAINERS

Tilapia
Green Beans
Leeks
Seasoned Coconut Milk
Mushrooms

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.

We're using coconut milk instead of cream because

Health snapshot per serving – 510 Calories, 48g Protein, 18g Fat, 50g Carbs, 11 Freestyle Points

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

INGREDIENTS: Tilapia, Green Beans, Leeks, Coconut Milk, Vegetable Broth, Onion, Garlic, White Pepper, Mushrooms

meez *meals*

1. Marinate the Leeks

Combine the **Leeks** and ¼ of the **Seasoned Coconut Milk** in a mixing bowl (you may need to run the coconut milk package under warm water if it had clumped-up in the fridge). Make sure the leeks are completely submerged and marinate for at least 5 minutes.

2. Sauté the Green Beans

While the leeks are marinating, heat 1½ Tbsp of olive oil in a large skillet over medium-high heat. When the oil is hot, add the **Green Beans** with a little salt and pepper. Cook until the green beans begin to char about 5 to 6 minutes. Turn off the heat and place the green beans directly on serving plates. Do not wipe out the skillet.

3. Make the Mushrooms and White Sauce

Heat 2 Tbsp olive oil in a second large skillet over medium-high heat. When the oil is hot, add the **Mushrooms** and sauté until they start to brown, about 2 minutes. Turn the heat down to medium and stir in the remaining seasoned coconut milk, making sure to scrape any bits off the bottom of the skillet. Simmer, uncovered on a very low boil for 7 to 9 minutes until the sauce has thickened.

4. Make the Crispy Leeks

While the mushrooms are simmering, spread ½ cup flour on a plate or shallow dish and mix in a little salt and pepper. Remove the leeks from the coconut milk and let any excess liquid drip off. Press the leeks into the flour so they are well coated on both sides. Save the flour – you'll use it in step 5.

Return the now-empty green bean pan to the stove over medium heat. Add the breaded leeks and sauté until they are evenly browned and slightly crispy, about 4 to 5 minutes. Remove from heat and set aside.

5. Sauté the Tilapia

Wipe out the leek skillet and return to the stove over medium-high heat with 2 Tbsp olive oil. Pat the **Tilapia** dry with a paper towel and then coat with the flour, making sure each fillet is covered with a thin layer on both sides. Repeat this process with remaining tilapia, then discard the remaining flour. Add the tilapia to the pan and cook until it is slightly brown, about 3 minutes. Flip and cook an additional 2 minutes. Remove from the heat and place on top of the green beans.

6. Put It All Together

Pour the mushrooms and white sauce over the tilapia & green beans. Top with the crispy leeks and enjoy!

Instructions for two servings.

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