

Terra's KITCHEN

Trust us and read through the entire recipe before you start cooking— you'll be so happy you did.



Tilapia Salad with Arugula and Apples

tilapia, arugula, apples, almonds + lime Dijon dressing

Serves 2 | Time to Table 20 minutes | Calories 536 | Category Seafood + Paleo

Allergens Contains Fish (Tilapia) + Tree Nuts (Almonds).

Excellent Source of Fiber, Protein + Vitamin C | Good Source of Potassium, Vitamin A, Calcium + Iron

Equipment

- Measuring spoons
- Non-stick sauté pan
- Tongs
- Zester
- Chef's knife
- Medium mixing bowl

What You Need

- Canola oil
- Kosher or flake sea salt
- Coarsely ground black pepper

What We Send

- 10 ounces tilapia fillets
- 1 lime
- 2 ounces almonds
- 2 teaspoons Dijon mustard
- 2 teaspoons honey
- 2 ounces baby arugula
- 5.5 ounces apple slices

Wine Pairings by @grapefriend

The light apricot and zippy acidity of Albariño is an absolute excellent match for white fish.

Beer Pairings

The lemon and white pepper characteristics of Saisons generally play nice with fish and citrus dishes.

What To Do:

1. Season tilapia liberally with salt and pepper.



2. **Cook Fish:** Heat 1 tablespoon oil in a nonstick sauté pan over medium-high heat. Add tilapia and cook (turning once) until cooked through (about 2-3 minutes per side). Let cool slightly before breaking into pieces.



3. Zest lime. Cut lime in half. Roughly chop almonds (reserve half for garnish).



4. **Make Salad Dressing:** While tilapia is cooling, add the lime juice, zest, mustard, honey, 1 tablespoon oil, $\frac{1}{4}$ teaspoon salt and $\frac{1}{8}$ teaspoon pepper to a medium mixing bowl. Whisk until combined.



5. **Finish Salad:** Add the arugula, apple and almonds to the dressing. Toss to coat.

To Serve: Top salad with the fish pieces. Garnish with the reserved chopped almonds.

★ *Pro Tip: Try subbing in grilled or sautéed shrimp for the tilapia!*

TK Table Talk:

What's your favorite secret ingredient?



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Sure, our TK food containers are recyclable, but we'd rather you upcycle them first. We're partial to using them to sprout our garden seeds, but we'd love to see how creative you are! Tag us in your photos with @terraskitchen and #arceipeforreallife.

