

Butter Cracker Tilapia with Jalapeno Cream

You know that retro Ritz cracker and cream cheese appetizer that's insanely good? The test kitchen team loves it like everyone else, so they used it as the starting point for a super delicious dinner of tilapia covered with butter crackers and a jalapeño cream sauce. A pepper salsa finishes this delicious 15-minute dinner.

15 Minutes to the Table

15 Minutes Hands On

1 Whisk *Super Easy*

Getting Organized

EQUIPMENT

Large Skillet

FROM YOUR PANTRY

Olive Oil

Salt & Pepper

5 MEEZ CONTAINERS

Tilapia

Lime

Crackers

Jalapeno Cream

Pepper Medley Salsa

Good to Know

Even with the butter crackers this meal has only 32g carbs per serving. If you want to reduce your carbs further you can eliminate the crackers and **reduce the carbs to 14g per serving.**

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 – 680 Calories, 47g Protein, 42g Fat, 32g Carbs, 20 Freestyle points

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

INGREDIENTS: Tilapia, Ritz Crackers, Corn, Tomato, Bell Peppers, Poblano Peppers, Red Onion, Cream Cheese Queso Fresco, Jalapeño Peppers, Cilantro, Butter, Cream, Lemon Peel, Lime.

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1. Cook the Tilapia

Heat 2 Tbsp olive oil in a large skillet over medium high heat. Pat dry the **Tilapia** and season with ¼ tsp each salt and pepper. Cut the **Lime** in half. When the oil is hot, place the tilapia and lime, cut side down, in the skillet. Cook until the tilapia is light brown on the bottom and the edges start to brown, about 3 to 4 minutes. Flip and cook until the other side browns, another 3 to 4 minutes.

Remove the tilapia and the lime from the skillet and set aside to rest for 5 minutes. Wipe out the skillet.

2. Warm the Jalapeño Cream

While the tilapia is resting, warm the **Jalapeño Cream** in the now-empty skillet over medium heat, stirring occasionally, about 3 minutes.

3. Put It All Together

Crush the **Crackers**, in the bag they arrived in, into small pieces. Spread the warm Jalapeño cream over the tilapia from edge-to-edge and sprinkle the crushed crackers on top. Cover with the **Pepper Medley Salsa** and a squeeze of lime. Enjoy!

*We make the
Jalapeño Cream
with cream
cheese, cream
and lime juice
to give it a
perfect
consistency*

Instructions for two servings.

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