

Tilapia Piccata

Description

Serves 2-3. Flaky tilapia fillets topped with a creamy lemon-caper sauce. Delicious. Includes fish fillets and lemon caper sauce.

Cooking Instructions

This dish includes 3 parts: Tilapia, Piccata Sauce, and Capers.

Tilapia Cooking Method – Choose One:

Pan Sauté (Preferred Method): QuickThaw filets by submerging in water for 10-15 min. Remove from plastic wrapper (if wrapped). Lightly salt and pepper fish to taste. In a skillet over medium heat, sauté filets in 2 tbs oil 5-10 min each side, turning once, until flaky throughout. Set filets aside. In same pan, add sauce, stir in capers, and bring to a gentle boil. Serve sauce over filets.

Freezer to Oven: Preheat oven to 350F. Remove plastic wrap from fish (if wrapped) and place on a greased baking pan. Lightly salt and pepper fish to taste. Bake, uncovered, 35-45 minutes until flaky throughout. In a small saucepan over medium heat, add sauce, stir in capers, and bring to a gentle boil. Spoon over filets.

Internal Temperature: 145F.

Serving Suggestions: Asparagus, new potatoes. Chardonnay.

Please Note: Cooking times are estimates and vary based on your actual oven, stovetop, or slow cooker, as well as item thickness and starting temperature. For best results, always verify the internal temperature of your meals. We recommend instant-read pocket thermometers – they are inexpensive, convenient, and very easy to use.

Nutritional Information

Per Serving: Nutritional information coming soon.

Contains: Dairy. Soy.

Ingredients: tilapia filets, cream, water, lemon juice, butter, capers, garlic, rice flour, sunflower lecithin, chicken base, salt, black pepper, spices.

Please Note: Because Dinner Done dishes are hand-crafted, exact information may vary. Serving size: 3 servings per entrée, unless otherwise stated.



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