



CREAMY PESTO PARMESAN TILAPIA AND CHOPPED TOMATOES
With NY Deli Slaw & Black Pepper Biscuits w Black Pepper Butter
~ For Two ~

PREP TIME: 0 minutes | COOK TIME: 25-30 minutes



COOKING TOOLS YOU WILL NEED:



KIT INGREDIENTS & TOOLS IN ORDER OF USE:

STEP 1: Parchment Paper, baking pan, Tilapia, Black Pepper Biscuit Mix, bowl

STEP 2: Sour Cream Mix, spoon/fork

STEP 3: Flour, Biscuit dough

STEP 4: Sharp knife

STEP 5: Baking pan, Tilapia, Creamy Pesto, Chopped Tomatoes, Biscuits

STEP 6: Plate it up! Deli Slaw, Black Pepper Butter

COOK'S TIP: If the Biscuits look slightly browned when the Tilapia is done, then they don't need an additional 5 minutes. Also, use the Black Pepper Butter. It may seem like a lot of pepper, but trust me, it's mild, and you'll be glad you did!!

COOKING INSTRUCTIONS:

- 1 Preheat oven to 425 degrees. Unfold the enclosed Parchment Paper on the baking pan and place the Tilapia on the pan. Let rest to bring to room temperature. Meanwhile, empty the Black Pepper Biscuit Mix into a bowl and make a well in the middle.



- 2 Pour the Sour Cream Mix into the Biscuit Mix and stir with a spoon or fork. Gently mix until the dry ingredients are incorporated. The mixture will be somewhat piecey and a little dry.



- 3 Sprinkle some Flour onto the counter and dump the Biscuit mix onto the Flour. Gently press the mix together as you form it into a ball. Flatten the ball of dough slightly and then form it into a ball again. This will knead the dough. Flip the dough over, flatten slightly and form it into a ball again. Repeat 2 or 3 more times, then shape it into a "log".



- 4 Take a sharp knife and with a sawing motion, slice the dough into 4 pieces. Cut the ends off and place on one side of the Parchment Paper-lined pan.



- 5 Cover the Tilapia with the Shredded Parmesan and place in oven. Set timer for 15 minutes.



- 6 When the timer rings, take the pan from the oven, & with a Spatula, move the Tilapia onto dinner plates. Return the Biscuits to the oven for 5 more minutes.

Plate it up! Spoon the Creamy Pesto on top of the Tilapia, and top with Chopped Tomatoes.

Open the NY Deli Slaw and spoon a healthy portion next to the Tilapia. Spread the Black Pepper Butter on the Black Pepper Biscuits - and enjoy!!

