



Mediterranean Tilapia Parcels

BY EVERYDAY EATLOVE

🕒 5 MINS PREP | 🕒 15 MINS COOK | 🍴 3 SERVINGS

🔗 To modify servings, view nutrition information and more, go to eatlove.is

INGREDIENTS AND GROCERIES SCALED FROM ORIGINAL 1 SERVINGS

Meal Ingredients

- 12 ounces tilapia fillet
- 3 teaspoons fresh lemon juice
- 5/8 cup zucchini rounds
- 3/4 teaspoon dried dill
- 9 cherry tomatoes halved
- 3 sprays Olive oil cooking spray
- 5/8 cup Summer Squash chopped
- 3 pinches salt
- 3 pinches pepper

NUTRITION INFORMATION PER SERVING

Protein 30g	Fruits 0 servings
Total Fat 3.4g	Vegetables 0.62 servings
Carbs 3.66g	Saturated Fat 1.11g
Calories 164kcal	Sodium 186mg
Iron 1.21mg	Fiber 1.06g
Vitamin C 14mg	Added Sugar 0g

Method

Instructions

1. Preheat oven to 400°F. Cut a 12-inch square of parchment paper.
2. Place tilapia in center of parchment. Arrange zucchini, tomatoes, and yellow squash around and slightly under fish.
3. Drizzle with lemon juice, sprinkle with dill, and season with salt and pepper. Lightly spray with olive oil.
4. Fold parchment over fish and vegetables, crimping edges to seal tightly.
5. Place packet on baking sheet and bake for 12 minutes.
6. Carefully open packet (steam will escape) and transfer to plate. Check that fish flakes easily and vegetables are tender.

