



 **71%**  
HEALTH SCORE

## Tilapia With Hash Browns

 **Gluten Free**  **Dairy Free**  **Very Healthy**

READY IN



**40 min.**

SERVINGS



**4**

CALORIES



**485 kcal**

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 2 tablespoons parsley fresh chopped
- 4 cloves garlic smashed thinly sliced
- 20 ounce hash browns shredded frozen thawed
- 1 teaspoon herbs de provence dried
- 4 servings kosher salt
- 5 tablespoons olive oil extra-virgin for drizzling
- 0.5 cup olives green spanish pitted roughly chopped
- 4 servings pepper freshly ground

- 0.3 cup roasted peppers diced red
- 3 scallions light white green chopped
- 1.5 pounds tilapia fillets skinless
- 0.8 pound tomatoes cut into 1-inch pieces

## Equipment

- bowl
- frying pan
- oven
- spatula

## Directions

- Preheat the oven to 425 degrees F. Toss the hash browns with the garlic and 1 teaspoon salt in a bowl.
- Heat 2 tablespoons olive oil in a large nonstick ovenproof skillet over medium heat.
- Add the hash browns, flatten with a spatula and cook until the bottom is golden brown, 6 to 8 minutes.
- Drizzle with 2 tablespoons olive oil. Flip the potato cake and pat it back into shape. Cook until crisp and golden, 6 to 8 minutes.
- Meanwhile, mix the olives, tomatoes, roasted peppers, scallions and parsley in a bowl.
- Cut the fish into 12 pieces and season with the dried herbs, salt and pepper. Scatter half of the olive mixture over the potato cake and top with the fish.
- Scatter the remaining olive mixture on top and drizzle with the remaining 1 tablespoon olive oil.
- Transfer the skillet to the oven and bake until the fish is cooked through, about 12 minutes.
- Drizzle with olive oil and season with salt.
- Serve from the skillet.
- Per serving: Calories 443; Fat 19 g (Saturated 3 g); Cholesterol 85 mg; Sodium 937 mg; Carbohydrate 32 g; Fiber 4 g; Protein 37 g
- Photograph by Antonis Achilleos

# Nutrition Facts

PROTEIN 31.01% FAT 43.69% CARBS 25.3%

## Properties

Glycemic Index:48.75, Glycemic Load:8.49, Inflammation Score:-8, Nutrition Score:28.785652450893%

## Flavonoids

Naringenin: 0.58mg, Naringenin: 0.58mg, Naringenin: 0.58mg, Naringenin: 0.58mg Apigenin: 4.32mg, Apigenin: 4.32mg, Apigenin: 4.32mg, Apigenin: 4.32mg Luteolin: 0.14mg, Luteolin: 0.14mg, Luteolin: 0.14mg, Luteolin: 0.14mg Kaempferol: 0.24mg, Kaempferol: 0.24mg, Kaempferol: 0.24mg, Kaempferol: 0.24mg Myricetin: 0.46mg, Myricetin: 0.46mg, Myricetin: 0.46mg, Myricetin: 0.46mg Quercetin: 1.51mg, Quercetin: 1.51mg, Quercetin: 1.51mg, Quercetin: 1.51mg

## Nutrients (% of daily need)

Calories: 484.59kcal (24.23%), Fat: 24.12g (37.11%), Saturated Fat: 4.03g (25.17%), Carbohydrates: 31.42g (10.47%), Net Carbohydrates: 27.27g (9.92%), Sugar: 2.59g (2.88%), Cholesterol: 85.05mg (28.35%), Sodium: 704.29mg (30.62%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 38.52g (77.03%), Selenium: 72.2µg (103.15%), Vitamin K: 75.8µg (72.19%), Vitamin B3: 9.7mg (48.49%), Vitamin B12: 2.69µg (44.79%), Vitamin C: 32.76mg (39.71%), Phosphorus: 388.36mg (38.84%), Vitamin D: 5.27µg (35.15%), Potassium: 1190.63mg (34.02%), Vitamin E: 4.39mg (29.26%), Vitamin B6: 0.53mg (26.69%), Manganese: 0.48mg (24.08%), Vitamin A: 1088.8IU (21.78%), Magnesium: 77.97mg (19.49%), Iron: 3.45mg (19.17%), Copper: 0.37mg (18.64%), Folate: 70.75µg (17.69%), Vitamin B1: 0.26mg (17.23%), Fiber: 4.15g (16.59%), Vitamin B5: 1.4mg (14.03%), Vitamin B2: 0.16mg (9.45%), Zinc: 1.13mg (7.56%), Calcium: 72.18mg (7.22%)