



INGREDIENTS

- 1 1/2 lb. zucchini
- 3 tbsp. extra-virgin olive oil
- kosher salt
- Freshly ground black pepper
- 4 small tilapia fillets (1 1/2 lbs.)
- 1 Lemon, thinly sliced
- 2 cloves garlic, thinly sliced
- 1 tbsp. capers
- 1/2 c. fresh flat-leaf parsley, chopped

DIRECTIONS

1. Heat oven to 475 degrees F. Line a large rimmed baking sheet with nonstick foil or a reusable baking mat. Using a spiralizer (see below for WD's pick), spiralize the zucchini, or, using a knife, slice zucchini into thin ribbons.
2. Transfer zucchini to prepared baking sheet; toss with 1 tablespoon oil and 1/4 teaspoon each salt and pepper. Roast for 15 minutes. Increase heat to broil and continue to cook until golden brown, 3 to 4 minutes.
3. Meanwhile, heat 1 tablespoon oil in a large cast-iron skillet over medium-high heat. Season tilapia with 1/4 teaspoon each salt and pepper and cook until opaque throughout, 2 to 3 minutes per side. Transfer to plates.
4. Add remaining 1 tablespoon oil to the skillet along with lemon, garlic, and capers and cook, stirring occasionally, until garlic is golden brown and tender. Toss with parsley, then spoon over tilapia and serve with zucchini.