

Honey-Lime Tilapia

with Bok Choy & Brown Rice

WW™ APPROVED
DIABETES FRIENDLY

🕒 20-30 MINS | 2 SERVINGS

In this dish, seared tilapia is elevated by a coating of warming spices (like paprika and cayenne) and an irresistibly tangy-sweet sauce made with fresh lime juice, honey, scallions, and crunchy sesame seeds. It's all served over a bed of brown rice mixed with bok choy sautéed in fragrant aromatics.



MATCH YOUR BLUE APRON WINE



Zesty & Tropical

Wine is not included in SmartPoints®



WW | 12 11 11 SmartPoints® value per serving



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Ingredients



2
TILAPIA FILLETS



10 oz
BABY BOK CHOY



1
LIME



2 tsps
HONEY



1 tsp
BLACK & WHITE
SESAME SEEDS



1/2 cup
BROWN RICE



2
SCALLIONS



2 cloves
GARLIC



1 Tbsp
SESAME OIL



1 Tbsp
SOUTHERN SPICE
BLEND*

*Onion Powder, Garlic Powder, Ground Yellow Mustard, Smoked Paprika & Cayenne Pepper



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To make this recipe diabetes friendly and meet the ADA nutrition guidelines for sodium, it is recommended that no additional salt be added to this recipe when prepared. See nutrition information for sodium as packaged.

1 Cook the rice:

- Remove the **honey** from the refrigerator to bring to room temperature.
- Fill a medium pot $\frac{3}{4}$ of the way up with water; add a **big pinch of salt**. Heat to boiling on high.
- Once boiling, add the **rice** and cook, uncovered, 17 to 19 minutes, or until tender. Turn off the heat. Drain thoroughly and return to the pot.

2 Prepare the ingredients:

- Meanwhile, wash and dry the fresh produce.
- Thinly slice the **scallions**, separating the white bottoms and hollow green tops.
- Peel and roughly chop **2 cloves of garlic**.
- Cut off and discard the root ends of the **bok choy**; thinly slice crosswise.
- Halve the **lime** crosswise; squeeze the juice into a medium bowl.

3 Cook the bok choy & finish the rice:

- In a medium pan (nonstick, if you have one), heat **2 teaspoons of olive oil** on medium-high until hot.
- Add the **sliced white bottoms of the scallions** and **chopped garlic**. Cook, stirring constantly, 1 to 2 minutes, or until softened.
- Add the **sliced bok choy**; season with salt and pepper. Cook, stirring frequently, 2 to 3 minutes, or until softened.
- Transfer to the pot of **cooked rice**; stir to combine. Taste, then season with salt and pepper if desired. Cover to keep warm.
- Wipe out the pan.

4 Cook the fish:

- Pat the **fish** dry with paper towels. Season on both sides with salt, pepper, and enough of the **spice blend** to coat (you may have extra).
- In the same pan, heat the **sesame oil** on medium-high until hot.
- Add the seasoned fish. Cook 3 to 4 minutes per side, or until browned and cooked through.** Turn off the heat.

5 Make the sauce & serve your dish:

- Meanwhile, to the bowl of **lime juice**, add the **honey** (kneading the packet before opening), **sliced green tops of the scallions**, and **sesame seeds**; season with salt and pepper. Stir to thoroughly combine.
- Serve the **finished rice** topped with the **cooked fish** and **sauce**. Enjoy!



**An instant-read thermometer should register 145°F.

NUTRITION PER SERVING (AS PREPARED)* Calories: XXX, Total Carbohydrates: XXXg, Dietary Fiber: XXg, Added Sugar: Xg, Total Fat: XXg, Saturated Fat: XXg, Protein: XXg, Sodium: XXXXmg.

CONTAINS: See Ingredient Packaging for Allergen(s).

*See full Nutrition Facts on your Current page in the Blue Apron app or at blueapron.com.

Produced in a facility that processes crustacean shellfish, egg, fish, milk, peanuts, soy, tree nuts, and wheat.

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