

Salsa Verde Tilapia

with Spinach, Tomatoes & Orzo Pasta

🕒 15-25 MINS | 4 SERVINGS

This simple, flavorful dish pairs seared tilapia with orzo pasta tossed with sautéed tomatoes and spinach, and our own Italian salsa verde. It's all finished with some more of the zesty, verdant sauce spooned on top just before serving.



MATCH YOUR BLUE APRON WINE



Zesty & Tropical

Serve a bottle with this symbol for a great pairing.



Ingredients



4
TILAPIA FILLETS



5 oz
BABY SPINACH



1/3 cup
SALSA VERDE



2 Tbsps
CRÈME FRAÎCHE



1/4 tsp
CRUSHED RED
PEPPER FLAKES



1/2 lb
ORZO PASTA



1/2 lb
GRAPE TOMATOES



1/4 cup
RICE FLOUR



1 Tbsp
WEEKNIGHT
HERO SPICE
BLEND*

*Onion Powder, Garlic Powder, Smoked Paprika & Whole Dried Parsley



To find out more about Wellness at Blue Apron visit us at www.blueapron.com/pages/wellness, or for further nutrition information see the Nutrition Facts card.

1



1 Prepare the tomatoes:

- ☐ Fill a medium pot $\frac{3}{4}$ of the way up with salted water; cover and heat to boiling on high.
- ☐ Wash and dry the fresh produce.
- ☐ Halve the **tomatoes**; place in a bowl and season with salt and pepper. Stir to coat.

2



2 Cook the pasta:

- ☐ Add the **pasta** to the pot of boiling water and cook, uncovered, 7 to 9 minutes, or until tender.
- ☐ Turn off the heat. Drain thoroughly and return to the pot. Cover to keep warm.

3 Coat & cook the fish:

- ☐ Meanwhile, on a large plate, combine the **flour** and **spice blend**. Season with salt and pepper.
- ☐ Pat the **fish** dry with paper towels; season with salt and pepper on both sides.
- ☐ Thoroughly coat the **seasoned fish** in the **seasoned flour** (shaking off any excess flour).
- ☐ In a large pan (nonstick, if you have one), heat **1 tablespoon of olive oil** on medium-high until hot.
- ☐ Add the coated fish. Cook 3 to 4 minutes per side, or until browned and cooked through.** Transfer to a plate.
- ☐ Wipe out the pan.

3



4 Cook the vegetables:

- ☐ In the same pan, heat **1 teaspoon of olive oil** on medium-high until hot.
- ☐ Add the **seasoned tomatoes** and **as much of the red pepper flakes as you'd like**, depending on how spicy you'd like the dish to be. Cook, stirring occasionally, 2 to 3 minutes, or until slightly softened.
- ☐ Add the **spinach**. Cook, stirring frequently, 30 seconds to 1 minute, or until slightly wilted.
- ☐ Turn off the heat.

4



5 Finish the pasta & serve your dish:

- ☐ To the pot of **cooked pasta**, add the **crème fraîche**, **cooked vegetables**, **half the salsa verde**, and **1 teaspoon of olive oil**; stir to thoroughly combine. Taste, then season with salt and pepper if desired.
- ☐ Serve the **finished pasta** topped with the **cooked fish** and **remaining salsa verde**. Enjoy!

5



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



NUTRITION PER SERVING (AS PREPARED)* Calories: 830, Total Carbohydrates: 100g, Dietary Fiber: 25g, Added Sugar: 5g, Total Fat: 28g, Saturated Fat: 10g, Protein: 44g, Sodium: 1426mg.

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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