

Seared Tilapia & Creamy Curry Sauce

with Sesame & Bok Choy Rice

⌚ 20-30 MINS | 2 SERVINGS

This flavor-packed dish features flaky tilapia seared in a coating of warming, Indian-style vadouvan curry, then topped with a unique combo of creamy ranch dressing and spicy yellow curry paste—a staple of Thai cuisine made from hot chiles, lemongrass, turmeric, and more. It all comes together over a bed of fluffy jasmine rice and sautéed bok choy tossed with fragrant sesame oil.



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Zesty & Tropical

Serve a bottle with this symbol for a great pairing.



Ingredients



2
TILAPIA FILLETS



10 oz
BABY BOK CHOY



3 Tbps
RANCH DRESSING



1 Tbsp
YELLOW CURRY
PASTE



1 Tbsp
SESAME OIL



½ cup
JASMINE RICE



2 cloves
GARLIC



¼ cup
RICE FLOUR



2 tsps
VADOUVAN
CURRY POWDER



3 Tbps
ROASTED
PEANUTS



1 Cook the rice:

- In a small pot, combine the **rice**, a **big pinch of salt**, and **1 cup of water**. Heat to boiling on high.
- Once boiling, reduce the heat to low. Cover and cook, without stirring, 12 to 14 minutes, or until the water has been absorbed and the rice is tender. Turn off the heat and fluff with a fork. Cover to keep warm.



2 Prepare the ingredients:

- Meanwhile, wash and dry the **bok choy**. Cut off and discard the root ends of the bok choy; thinly slice.
- Peel and roughly chop **2 cloves of garlic**.
- Roughly chop the **peanuts**.

3 Cook the bok choy:

- In a medium pan (nonstick, if you have one), heat a drizzle of **olive oil** on medium-high until hot.
- Add the **sliced bok choy** and **chopped garlic**; season with salt and pepper. Cook, stirring frequently, 2 to 3 minutes, or until softened and the bok choy leaves are wilted.
- Transfer to a large bowl and cover with foil to keep warm. Wipe out the pan.

4 Coat & cook the fish:

- Place the **flour** and **curry powder** on a large plate; season with salt and pepper. Stir to combine.
- Pat the **fish** dry with paper towels; season with salt and pepper on both sides.
- Working one piece at a time, thoroughly coat the **seasoned fish** in the **seasoned flour**.
- In the same pan, heat a thin layer of oil on medium-high.
- Once the oil is hot enough that a pinch of flour sizzles immediately when added, add the **coated fish** (shaking off any excess flour). 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, in a bowl, whisk together the **ranch dressing**, **curry paste**, and **1 teaspoon of water**.
- To the bowl of **cooked bok choy**, add the **cooked rice** and **sesame oil**; season with salt and pepper. Stir to combine.
- Serve the **finished rice and bok choy** topped with the **cooked fish** and **sauce**. Garnish with the **chopped peanuts**. Enjoy!

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



NUTRITION PER SERVING (AS PREPARED)* Calories: xxx, Total Carbohydrates: xxg, 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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