

Seared Tilapia & Orzo Pasta

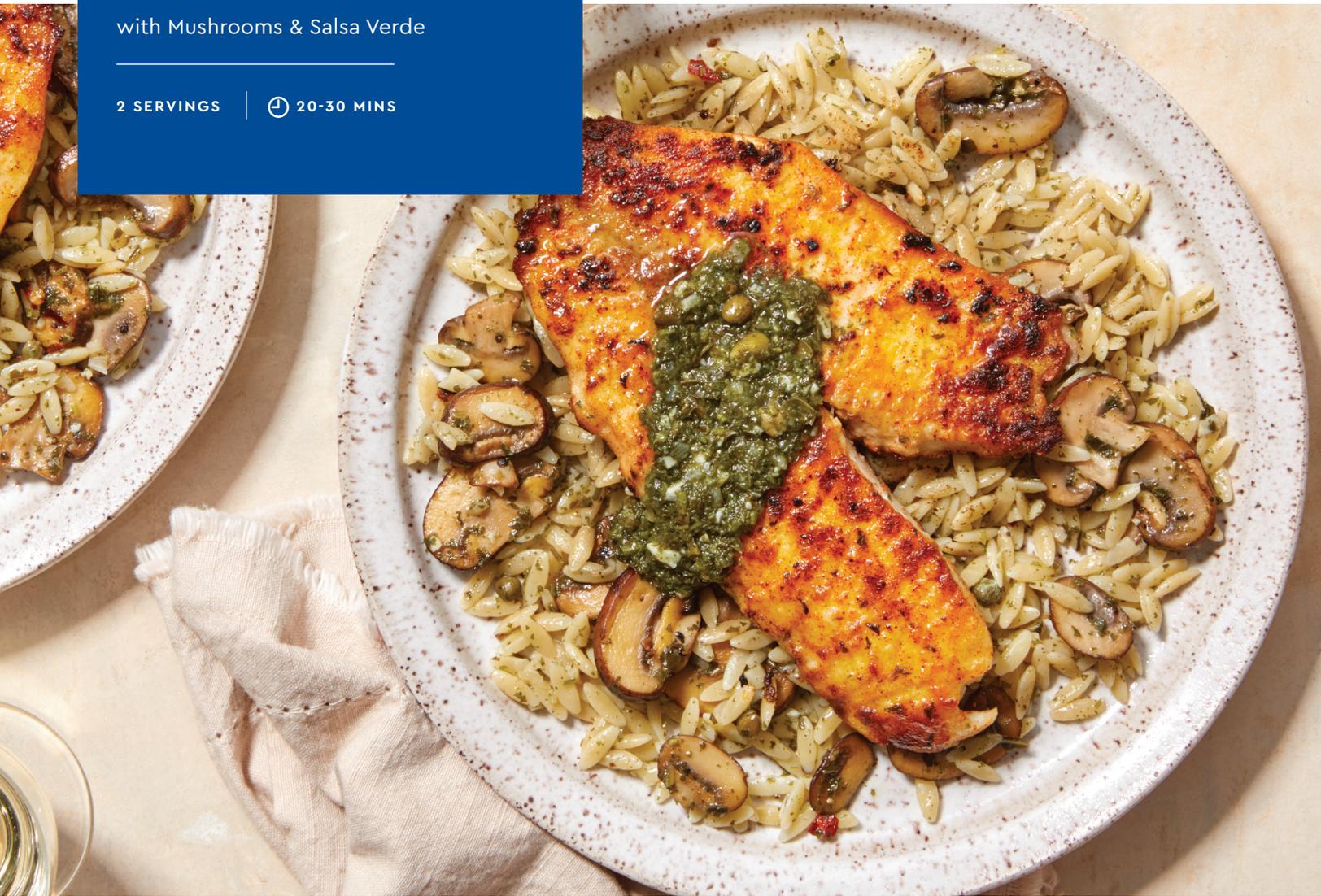
with Mushrooms & Salsa Verde

2 SERVINGS

⌚ 20-30 MINS

 Blue Apron

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This simple, flavorful dish pairs seared tilapia with orzo pasta tossed with tender mushrooms and our own zesty Italian salsa verde, which also makes for a bright finish when spooned over the fish just before serving.

Ingredients

-  2 Tilapia Fillets
-  4 oz Cremini Mushrooms
-  2 Tbsps All-Purpose Flour
-  1/3 cup Salsa Verde
-  1 Tbsp Weeknight Hero Spice Blend*
-  4 oz Orzo Pasta
-  1/4 tsp Crushed Red Pepper Flakes



Serve a bottle of Blue Apron wine with this symbol: Zesty & Tropical
blueapron.com/wine

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

1 Cook the pasta

- Fill a medium pot $\frac{3}{4}$ of the way up with salted water; cover and heat to boiling on high.
- Once boiling, add the **pasta** 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.



2 Prepare & cook the mushrooms

- Meanwhile, using a damp paper towel, gently brush off any dirt from the **mushrooms**; thinly slice.
- In a medium pan (nonstick, if you have one), heat a drizzle of **olive oil** on medium-high until hot.
- Add the **sliced mushrooms** in an even layer. Cook, without stirring, 3 to 4 minutes, or until lightly browned.
- Add **as much of the red pepper flakes as you'd like**, depending on how spicy you'd like the dish to be. Season with salt and pepper. Cook, stirring frequently, 1 to 2 minutes, or until the mushrooms are softened.
- Transfer to a bowl. Wipe out the pan.



3 Coat & cook the fish

- 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**.
- In the same pan, heat **1 tablespoon of olive oil** on medium-high until hot.
- Add the coated fish (shaking off any excess flour before adding). Cook 3 to 4 minutes per side, or until browned and cooked through.* Turn off the heat.



4 Finish the pasta & serve your dish

- To the pot of **cooked pasta**, add the **cooked mushrooms**, **half the salsa verde**, and a drizzle of **olive oil**. Stir to combine. Taste, then season with salt and pepper if desired.
- Serve the **finished pasta** topped with the **cooked fish** and **remaining salsa verde**. Enjoy!



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

NUTRITION PER SERVING (AS PREPARED)**

Calories: 610, Total Carbohydrates: 55g, Dietary Fiber: 4g, Added Sugars: 0g, Total Fat: 28g, Saturated Fat: 4.5g, Protein: 32g, Sodium: 1220mg.

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

CONTAINS: SEE INGREDIENT PACKAGING FOR ALLERGEN(S).

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

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