# Southern-Spiced **Blue Apron** Fish blueapron.com with Sesame-Scallion Sauce & Vegetable Rice (1) 20-30 MINS 4 SERVINGS

In this dish, seared tilapia is elevated by a coating of warming spices like paprika and cayenne, plus an irresistibly sweet and zesty sauce made with fresh lime juice, honey, scallions, and crunchy sesame seeds.

#### **Ingredients**

📤 4 Tilapia Fillets

1 cup Sushi Rice

2 Scallions

♠ 2 cloves Garlic

1 Lime

1/2 lb Sweet Peppers

🥍 15 oz Baby Bok Choy

#### 1 Tbsp Sesame Oil

2 tsps Honey

1 tsp Black & White Sesame Seeds

1 Tbsp Southern Spice Blend\*

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



#### Wellness at Blue Apron

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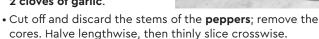
**600 CALORIES OR LESS** 

#### 1 Cook the rice

- Remove the honey from the refrigerator to bring to room temperature.
- In a medium pot, combine the rice, a big pinch of salt, and 1 1/4 cups of water. Heat to boiling on high.
- Once boiling, reduce the heat to low. Cover and cook, without stirring, 15 to 17 minutes, or until the water has been absorbed and the rice is tender.
- Turn off the heat and fluff with a fork.

#### 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.



- Combine the chopped garlic, sliced peppers, and sliced white bottoms of the scallions in a bowl.
- Cut off and discard the root ends of the bok choy, then thinly slice.
- Halve the lime crosswise; squeeze the juice into a medium bowl.

## 3 Cook the vegetables & finish the rice

- In a large pan (nonstick, if you have one), heat 2 teaspoons of olive oil on medium-high until hot.
- Add the prepared pepper mixture. Cook, stirring frequently, 1 to 2 minutes, or until slightly softened.
- Add the sliced bok choy; season with salt and pepper. Cook, stirring frequently, 2 to 3 minutes, or until the leaves are wilted.
- 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: 440, Total Carbohydrates: 57g, Dietary Fiber: 3g, Added Sugars: 3g, Total Fat: 10g, Saturated Fat: 2g, Protein: 29g, Sodium: 890mg. \*\*See full Nutrition Facts on your Current page in the Blue Apron app or at blueapron.com. CONTAINS: SEE INGREDIENT PACKAGING FOR ALLERGEN(S).





