

Southern-Spiced Fish

with Sesame-Scallion Sauce & Vegetable Rice

4 SERVINGS



20-30 MINS

 **Blue Apron**
blueapron.com



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
-  ½ lb Sweet Peppers
-  15 oz Baby Bok Choy
-  1 Tbsp Sesame Oil
-  2 tps 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

To find out more about Wellness at Blue Apron visit us at blueapron.com/pages/wellness

WW™ APPROVED



SmartPoints® value per serving



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600 CALORIES OR LESS



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

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 ¾ 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**.
- Cut off and discard the stems of the **peppers**; remove the cores. Halve lengthwise, then thinly slice crosswise.
- 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).

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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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