

Baked Tilapia & Creamy Kale

with Fregola Sarda Pasta






4 SERVINGS | 35-45 MINS

 **Blue Apron**
blueapron.com



In this Sardinian-inspired recipe, mild tilapia (seasoned with classic spices), kale, and fregola sarda come together in one baking dish. For a golden brown crust, we're adding a layer of panko breadcrumbs in the last few minutes of baking.

Ingredients

-  4 Tilapia Fillets
-  1 1/4 cups Fregola Sarda Pasta
-  1/4 cup Grated Romano Cheese
-  2 cloves Garlic
-  1 Lemon
-  1 bunch Kale
-  2 Tbsps Butter
-  1/4 cup Cream
-  1/4 cup Panko Breadcrumbs
-  1/4 tsp Crushed Red Pepper Flakes
-  2 Tbsps Mascarpone Cheese
-  1/4 cup Labneh Cheese
-  1 Tbsp Weeknight Hero Spice Blend*



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

- Place an oven rack in the center of the oven, then preheat to 450°F.
- Fill a medium pot $\frac{3}{4}$ of the way up with salted water; cover and heat to boiling on high.
- Place the **pasta** in a strainer. Thoroughly rinse under water to remove any excess starch.
- Once boiling, add the rinsed pasta to the pot. Cook 7 to 8 minutes, or until tender. Drain thoroughly.



2 Prepare the ingredients

- Meanwhile, wash and dry the fresh produce.
- Separate the **kale** leaves from the stems; discard the stems, then roughly chop the leaves.
- Peel **2 cloves of garlic**; using a zester, finely grate into a paste (or use the small side of a box grater).
- Zest the **lemon** to get 2 teaspoons (or use the small side of a box grater). Quarter and deseed the lemon.
- In a large bowl, combine the **garlic paste** and **lemon zest**.



3 Cook the kale

- In a large pan (nonstick, if you have one), heat a drizzle of **olive oil** on medium-high until hot.
- Add the **chopped kale**; season with salt and pepper. Cook, stirring occasionally, 3 to 4 minutes, or until slightly wilted.
- Add $\frac{1}{2}$ **cup of water** (carefully, as the liquid may splatter). Cook, stirring occasionally, 3 to 4 minutes, or until the kale is wilted and the water has cooked off.
- Turn off the heat.



4 Dress the pasta & kale

- To the bowl of **prepared garlic and lemon zest**, add the **mascarpone, labneh, cream, romano, the juice of 2 lemon wedges, 2 tablespoons of olive oil**, and as much of the **red pepper flakes** as you'd like, depending on how spicy you'd like the dish to be. Whisk to thoroughly combine.
- Add the **cooked pasta** and **cooked kale**; season with salt and pepper. Stir to thoroughly combine.
- Transfer to a baking dish (making sure the kale is evenly distributed).



5 Prepare the fish

- Pat the **fish** dry with paper towels; season on both sides with salt, pepper, and the **spice blend**.
- Cut the **butter** into 4 equal-sized pieces.
- Place the **seasoned fish** on top of the **dressed pasta and kale**. Top each piece with **1 piece of the butter**.
- Cover the baking dish with foil.



6 Bake & serve your dish

- Bake the **prepared fish and pasta** 7 minutes.
- Leaving the oven on, remove from the oven. Carefully remove the foil.
- Evenly top with the **bread-crumbs**. Drizzle with **olive oil**; season with salt and pepper.
- Return to the oven. Bake 8 to 10 minutes, or until the bread-crumbs are lightly browned and the fish is cooked through.*
- Remove from the oven. Let stand at least 2 minutes before serving.
- Serve the **baked fish and pasta** topped with the **juice of the remaining lemon wedges**. Enjoy!



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

NUTRITION PER SERVING (AS PREPARED)**

Calories: 670, Total Carbohydrates: 59g, Dietary Fiber: 5g, Added Sugars: 0g, Total Fat: 33g, Saturated Fat: 14g, Protein: 36g, Sodium: 1230mg.

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

CONTAINS: SEE INGREDIENT PACKAGING FOR ALLERGEN(S).

[f](#) [t](#) [@](#) Share your photos with #blueapron

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

Blue Apron, LLC
New York, NY 10005

