

# Thai-Style Glazed Tilapia

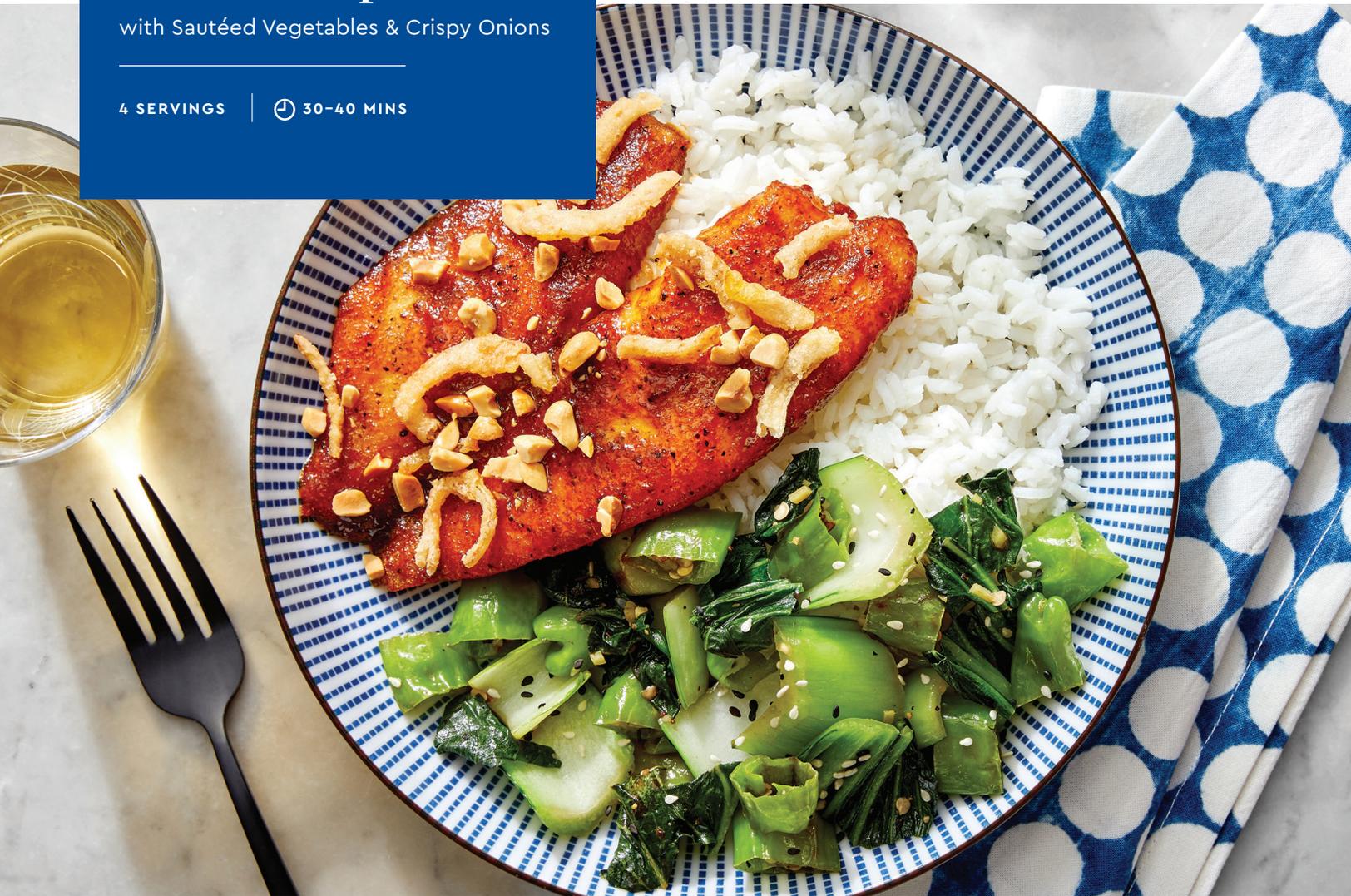
with Sautéed Vegetables & Crispy Onions

4 SERVINGS

🕒 30-40 MINS

 **Blue Apron**

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## Ingredients

-  4 Tilapia Fillets
-  1 cup Long Grain White Rice
-  6 oz Shishito Peppers
-  15 oz Baby Bok Choy
-  1 tsp Black & White Sesame Seeds

-  1 piece Ginger
-  3 Tbsps Roasted Peanuts
-  1/3 cup Crispy Onions
-  1 Tbsp Yellow Curry Paste

-  1/4 cup Rice Flour
-  1 Tbsp Sesame Oil
-  4 tsps Honey
-  2 Tbsps Soy Sauce



Serve with Blue Apron wine that has this symbol [blueapron.com/wine](https://blueapron.com/wine)



14 12 12

SmartPoints® value per serving (as packaged)



Scan this barcode in your WW app to track SmartPoints. Wine is not included in SmartPoints as packaged. Skip adding salt during prep and cooking, and see nutrition info for sodium as packaged. Choose nonstick cooking spray (0 SmartPoints) instead of olive oil (1 SmartPoint per teaspoon) to coat your pan before heating.

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**Hey, Chef!** Try these WW pro-tips: Skip adding salt during prep and cooking, and see nutrition info for sodium as packaged. **Counting SmartPoints?** Choose nonstick cooking spray (0 SmartPoints) instead of olive oil (1 SmartPoint per teaspoon) to coat your pan before heating.

### 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 2 cups 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.



### 2 Prepare the ingredients & make the glaze

- Meanwhile, wash and dry the fresh produce.
- Peel the **ginger** and finely chop to get 1 tablespoon (you may have extra).
- Cut off and discard the root ends of the **bok choy**; roughly chop.
- Roughly chop the **peanuts**; place in a bowl. Add the **crispy onions** and stir to combine.
- Cut off and discard the stems of the **peppers**; cut into 1/2-inch pieces. Thoroughly wash your hands immediately after handling.
- In a bowl, whisk together the **honey** (kneading the packet before opening), **soy sauce**, 1/4 cup of warm water, and as much of the **curry paste as you'd like**, depending on how spicy you'd like the dish to be.



### 3 Cook the vegetables

- In a large pan (nonstick, if you have one), heat the **sesame oil** on medium-high until hot.
- Add the **chopped ginger, chopped bok choy, and pepper pieces**; season with salt and pepper. Cook, stirring frequently, 5 to 7 minutes, or until softened.
- Transfer to a bowl and stir in the **sesame seeds**. Cover with foil to keep warm.
- Wipe out the pan.



### 4 Cook the fish & serve your dish

- Pat the **fish** dry with paper towels; season with salt and pepper on both sides.
- Place the **flour** on a large plate.
- Working one piece at a time, thoroughly coat the **seasoned fish** in the flour.
- In the same pan, heat **2 tablespoons of olive oil** on medium-high until hot.
- Add the **coated fish** (tapping off any excess flour before adding). Cook 3 to 4 minutes, or until browned. Flip and cook 2 to 3 minutes, or until lightly browned.
- Add the **glaze** (carefully, as the liquid may splatter). Cook, constantly spooning the glaze over the fish, 1 to 2 minutes, or until the fish is coated and cooked through.\* Turn off the heat.
- Serve the **cooked fish** (including any glaze from the pan) with the **cooked rice and cooked vegetables**. Garnish the fish with the **peanut-onion mixture**. Enjoy!



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

#### NUTRITION PER SERVING (AS PREPARED)\*\*

Calories: 600, Total Carbohydrates: 67g, Dietary Fiber: 4g, Added Sugars: 6g, Total Fat: 21g, Saturated Fat: 5g, Protein: 32g, Sodium: 1550mg.

\*\*For information about our wellness labels visit us at [blueapron.com/wellness](https://blueapron.com/wellness). SmartPoints are calculated based on as packaged. To view this meal's FULL NUTRITION FACTS and any customizations you may have applied, select this recipe from your Current page in the Blue Apron app or [blueapron.com](https://blueapron.com).

CONTAINS: SEE INGREDIENT PACKAGING FOR ALLERGEN(S).

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

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