

Spiced Tilapia & Tahini Sauce

with Caramelized Onion Rice & Pickled Peppers

2 SERVINGS

⌚ 30-40 MINS

 **Blue Apron**
blueapron.com



 IF YOU CHOSE A CUSTOMIZED OPTION, visit the Current tab in the Blue Apron app or at blueapron.com for ingredients (denoted with an  icon) and instructions tailored to you.*

Ingredients

Customized ingredients

 2 Tilapia Fillets 

SWAPPED FOR:


 2 Boneless, Center-Cut Pork Chops 

 ½ oz SWEET Drop Peppers

 2 Tbsps Tahini

 ½ cup Long Grain White Rice

 2 cloves Garlic

 1 Lemon


 2 Tbsps Mayonnaise

 1 Sweet Onion

 1 Zucchini

 2 Scallions

 1 Tbsp Shawarma Spice Blend¹

 Serve with Blue Apron wine that has this symbol blueapron.com/wine

Cook along on the app

The Blue Apron app doesn't just help you manage and track your weekly deliveries—it's also a hub for cooking inspiration! Browse our thousands of recipes, watch how-to videos, and cook along to your weekly recipes with step-by-step directions tailored to your meal's preferences. Download it from the App Store or Google Play today.



¹ Ground Coriander, Cumin Seeds, Garlic Powder, Smoked Sweet Paprika & Ground Turmeric
*Ingredients may be replaced and quantities may vary.



"Alexa, find Blue Apron recipes."

1 Prepare & caramelize the onion

- Halve, peel, and small dice the **onion**.
- In a medium pot, heat a drizzle of **olive oil** on medium-high until hot.
- Add the **diced onion**; season with salt and pepper. Cook, stirring occasionally, 10 to 12 minutes, or until browned and softened.
- Turn off the heat.



2 Prepare the remaining ingredients

- Meanwhile, wash and dry the fresh produce.
- Peel **2 cloves of garlic**; roughly chop 1 clove. Using a zester or the small side of a box grater, finely grate the remaining clove into a paste.
- Halve the **zucchini** lengthwise, then cut crosswise into 1/2-inch-thick pieces.
- Quarter and deseed the **lemon**.
- Thinly slice the **scallions**, separating the white bottoms and hollow green tops.
- In a bowl, whisk together the **mayonnaise, tahini, the juice of 2 lemon wedges, 2 tablespoons of water, and as much of the garlic paste as you'd like**. Season with salt and pepper.



3 Cook the rice

- Carefully rinse the **rice** (sifting through for any impurities). Drain thoroughly.
- To the pot of **caramelized onion**, add the **rice, a big pinch of salt, and 1 cup of water** (carefully, as the liquid may splatter). Heat to boiling on high.
- Once boiling, reduce the heat to low. Cover and cook, without stirring, 13 to 15 minutes, or until the water has been absorbed and the rice is tender.
- Turn off the heat and fluff with a fork.



4 Cook the zucchini

- Meanwhile, in a medium pan (nonstick, if you have one), heat a drizzle of **olive oil** on medium-high until hot.
- Add the **zucchini pieces**. Cook, stirring occasionally, 3 to 4 minutes, or until lightly browned.
- Add the **chopped garlic and sliced white bottoms of the scallions**. Season with salt and pepper. Cook, stirring occasionally, 1 to 2 minutes, or until softened.
- Transfer to a bowl and cover with foil to keep warm.
- Wipe out the pan.



5 Cook the fish & serve your dish

- 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 a drizzle of **olive 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.
- Serve the **cooked rice** topped with the **cooked vegetables, cooked fish, and tahini sauce**. Garnish with the **peppers and sliced green tops of the scallions**. Serve the **remaining lemon wedges** on the side. Enjoy!



🔄 CUSTOMIZED STEP 5 If you chose Pork

- Pat the **pork** 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 a drizzle of **olive oil** on medium-high until hot.
- Add the **seasoned pork**. Cook 4 to 6 minutes per side for medium (the center may still be slightly pink), or until browned and cooked to your desired degree of doneness.*
- Transfer to a cutting board and let rest at least 5 minutes.
- Slice the **rested pork** crosswise.
- Serve the **cooked rice** topped with the **cooked vegetables, sliced pork, and tahini sauce**. Garnish with the **peppers and sliced green tops of the scallions**. Serve the **remaining lemon wedges** on the side. Enjoy!

*The USDA recommends a minimum safe cooking temperature of 145°F for fish and pork.

To view this recipe's full nutrition information, SEE FULL RECIPE in the current tab of your account at blueapron.com or in the Blue Apron app, then click on VIEW FULL NUTRITION. Food safety handling information: blog.blueapron.com/foodsafety

CONTAINS: SEE INGREDIENT PACKAGING FOR ALLERGEN(S).

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

Blue Apron, LLC, New York, NY 10005

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

