

Tilapia & Brown Butter-Grape Pan Sauce

with Farro & Kale

2 SERVINGS

⌚ 25-35 MINS

 **Blue Apron**
blueapron.com



Look for customizable options coming to all customers soon!

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

Ingredients

 2 Tilapia Fillets 

 2 cloves Garlic

 2 Tbsps Butter

 10 oz Tail-On Shrimp! 

 4 oz Red Seedless Grapes

 2 Tbsps Rice Vinegar

 ½ cup Semi-Pearled Farro

 1 bunch Kale

 2 Tbsps Sliced Roasted Almonds



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



12 11 6

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.

If you customized this recipe, your SmartPoints may differ from what's above.

To learn more about WW and SmartPoints visit www.com. The WW logo, SmartPoints and myWW are the trademarks of WW International, Inc. and are used under license by Blue Apron, LLC.

1. peeled & deveined

*Ingredients may be replaced and quantities may vary.

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 farro

- Fill a medium pot $\frac{3}{4}$ of the way up with salted water; cover and heat to boiling on high.
- Once boiling, add the **farro** and cook, uncovered, 18 to 20 minutes, or until tender. Turn off the heat.
- Drain thoroughly and return to the pot. Cover to keep warm.



2 Prepare the ingredients

- Meanwhile, wash and dry the fresh produce.
- Peel and roughly chop **2 cloves of garlic**.
- Separate the **kale** leaves from the stems; discard the stems, then roughly chop the leaves.
- Combine the **chopped garlic** and **chopped kale** in a bowl.
- Halve the **grapes**.



3 Cook the kale

- In a medium pan (nonstick, if you have one), heat **2 teaspoons of olive oil** on medium-high until hot.
- Add the **prepared garlic and kale**; season with salt and pepper. Cook, stirring frequently, 2 to 3 minutes, or until the kale is slightly wilted.
- Add **half the vinegar** (carefully, as the liquid may splatter) and $\frac{1}{4}$ **cup of water**; season with salt and pepper. Cook, stirring occasionally, 2 to 3 minutes, or until the kale is wilted and the liquid has cooked off.
- Transfer to a bowl and cover with foil to keep warm.
- Wipe out the pan.



4 Cook the tilapia

- Pat the **tilapia** dry with paper towels; season with salt and pepper on both sides.
- In the same pan, heat **2 teaspoons of olive oil** on medium-high until hot.
- Add the seasoned tilapia. Cook 3 to 4 minutes per side, or until lightly browned and cooked through.*
- Leaving any browned bits (or fond) in the pan, transfer to a plate.



4 CUSTOMIZED STEP 4 *If you chose Shrimp*

- Pat the **shrimp** dry with paper towels; remove the tails. Season with salt and pepper.
- In the same pan, heat **2 teaspoons of olive oil** on medium-high until hot.
- Add the seasoned shrimp. Cook, stirring occasionally, 4 to 5 minutes, or until opaque and cooked through.
- Leaving any browned bits (or fond) in the pan, transfer to a plate.

5 Make the pan sauce

- In the pan of reserved fond, heat the **butter** on medium-high until melted.
- Once melted, cook, stirring constantly, 1 to 2 minutes, or until the foam subsides and the butter is fragrant (it should smell nutty and toasted).
- Turn off the heat and stir in the **halved grapes, almonds, and remaining vinegar** (carefully, as the liquid may splatter).
- Taste, then season with salt and pepper if desired.



6 Finish the farro & serve your dish

- To the pot of **cooked farro**, add the **cooked kale** and **2 teaspoons of olive oil**; season with salt and pepper. Stir to combine.
- Serve the **finished farro** topped with the **cooked tilapia** and **pan sauce**. Enjoy!



6 CUSTOMIZED STEP 6 *If you chose Shrimp*

- Finish the farro and serve your dish as directed, using the **cooked shrimp** (instead of tilapia).

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

NUTRITION PER SERVING (AS PREPARED)**

Calories: 610, Total Carbohydrates: 46g, Dietary Fiber: 6g, Added Sugars: 0g, Total Fat: 33g, Saturated Fat: 11g, Protein: 34g, Sodium: 1170mg.

**For information about our wellness labels visit us at 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.

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

Share your photos with #blueapron



111620, 2PRE09/2PRE16