

Miso Butter-Glazed Tilapia

with Vegetable Lo Mein

2 SERVINGS

⌚ 25-35 MINS

 Blue Apron

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To top a colorful bed of noodles, bok choy, and carrots, we're searing flaky tilapia fillets and finishing them in the pan with a silky, umami-rich glaze of sweet miso paste, mirin, and butter.

Ingredients

-  2 Tilapia Fillets
-  ½ lb Fresh Lo Mein Noodles*
-  10 oz Baby Bok Choy
-  6 oz Carrots
-  2 cloves Garlic
-  1 Tbsp Sweet White Miso Paste
-  2 Tbsps Butter
-  1 Tbsp Sesame Oil
-  2 Tbsps Mirin**
-  2 Tbsps Vegetarian Ponzu Sauce
-  1 tsp Black & White Sesame Seeds

*previously frozen

**salted cooking wine



Serve a bottle of Blue Apron wine with this symbol: Crisp & Minerally.

blueapron.com/wine

1 Prepare the ingredients & make the glaze

- Fill a medium pot $\frac{3}{4}$ of the way up with salted water; cover and heat to boiling on high.
- Wash and dry the fresh produce.
- Peel the **carrots**; halve lengthwise, then thinly slice on an angle.
- Cut off and discard the root ends of the **bok choy**, then roughly chop.
- Peel and roughly chop **2 cloves of garlic**.
- In a bowl, whisk together the **miso paste**, **half the mirin**, and **2 tablespoons of water** until smooth.



2 Cook the vegetables

- In a medium pan (nonstick, if you have one), heat the **sesame oil** on medium-high until hot.
- Add the **sliced carrots** in an even layer. Cook, without stirring, 2 to 3 minutes, or until lightly browned.
- Add the **chopped bok choy**; season with salt and pepper. Cook, stirring occasionally, 2 to 3 minutes, or until slightly softened.
- Add the **chopped garlic**; season with salt and pepper. Cook, stirring frequently, 1 to 2 minutes, or until softened.
- Transfer to plate and cover with foil to keep warm.
- Wipe out the pan.



3 Cook & glaze the fish

- Pat the **fish** dry with paper towels; season with salt and pepper on both sides.
- In the same pan, heat a drizzle of **olive oil** on medium-high until hot.
- Add the seasoned fish. Cook 3 to 4 minutes, or until browned. Flip and cook 2 minutes.
- Add the **glaze** (carefully, as the liquid may splatter) and **butter**. Cook, frequently spooning the mixture over the fish, 1 to 2 minutes, or until the fish is glazed and cooked through.*
- Turn off the heat.



4 Cook the noodles

- Meanwhile, add the **noodles** to the pot of boiling water, stirring gently to separate. Cook, stirring occasionally, 2 to 4 minutes, or until tender. Turn off the heat.
- Drain thoroughly and rinse under warm water 30 seconds to 1 minute to prevent sticking.
- Return to the pot.



5 Finish the noodles & serve your dish

- To the pot of **cooked noodles**, add the **cooked vegetables**, **ponzu sauce**, **remaining mirin**, and **2 tablespoons of water**.
- Cook on medium-high, stirring frequently, 1 to 2 minutes, or until thoroughly combined.
- Taste, then season with salt and pepper if desired.
- Serve the **finished noodles** topped with the **glazed fish** (including any glaze from the pan). Garnish with the **sesame seeds**. Enjoy!



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

NUTRITION PER SERVING (AS PREPARED)**

Calories: XXX, Total Carbohydrates: XXg, Dietary Fiber: XXg, Added Sugars: XXg, Total Fat: XXg, Saturated Fat: XXg, Protein: XXg, Sodium: XXXXmg.

**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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