

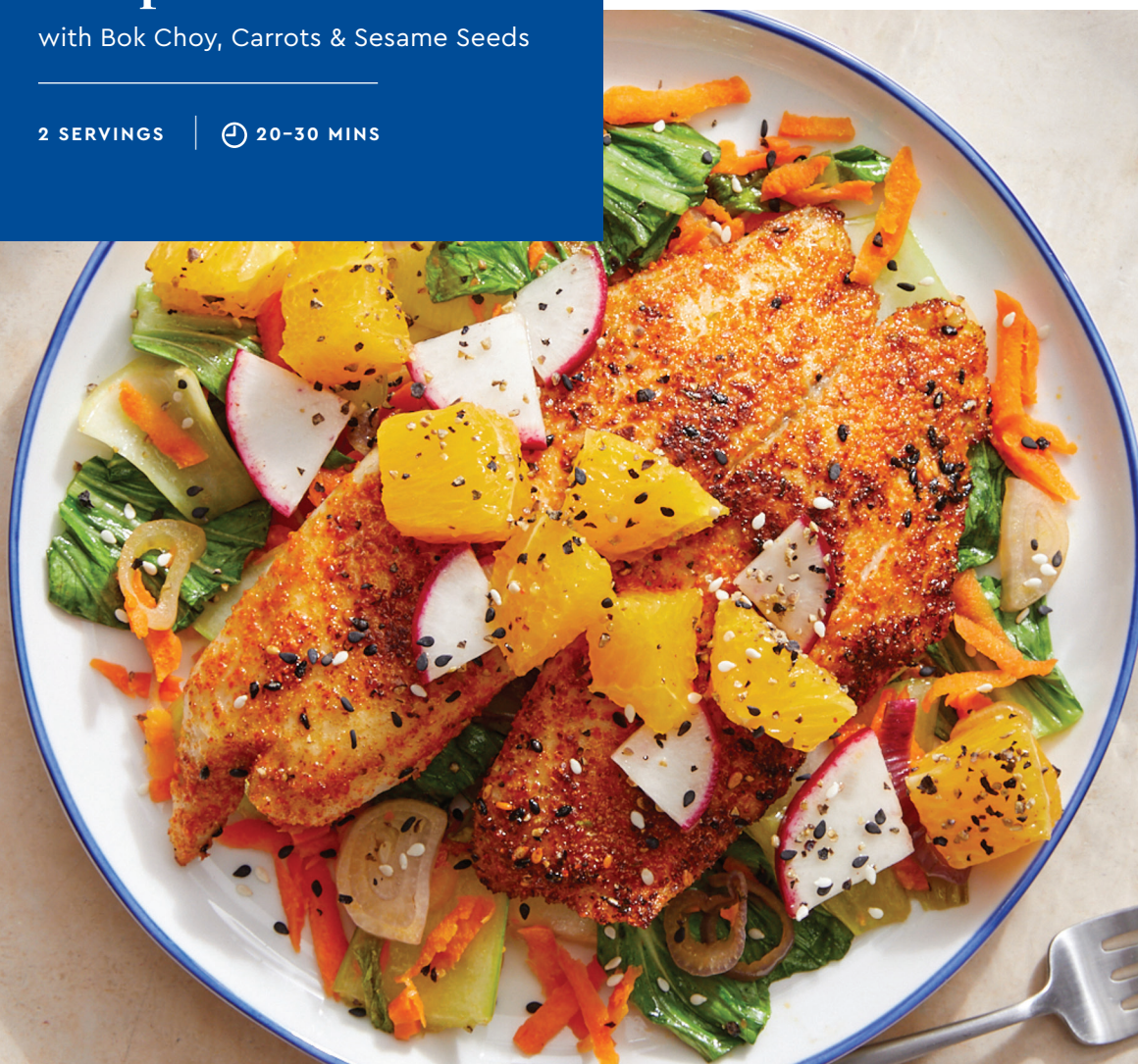
Japanese-Style Tilapia

with Bok Choy, Carrots & Sesame Seeds

2 SERVINGS

⌚ 20-30 MINS

 **Blue Apron**
blueapron.com



Ingredients



2 Tilapia Fillets



3 oz Radishes



1 Shallot



1 Tbsp Togarashi Seasoning¹



10 oz Baby Bok Choy



1 Navel Orange



1 Tbsp Sesame Oil



6 oz Carrots



1 Tbsp Vegetarian Ponzu Sauce



1 tsp Black & White Sesame Seeds



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



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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1. Sweet Paprika, Hot Paprika, Dried Orange Peel, Poppy Seeds, White Sesame Seeds & Black Sesame Seeds

1 Prepare the ingredients

- Wash and dry the fresh produce.
- Cut off and discard the root ends of the **bok choy**; roughly chop, separating the stems and leaves.
- Peel and thinly slice the **shallot**.
- Peel the **carrots**; grate on the large side of a box grater.
- Quarter the **radishes** lengthwise, then thinly slice crosswise.
- Peel and medium dice the **orange**.
- In a bowl, combine the **sliced radishes, diced orange, and ponzu sauce**. Season with salt and pepper. Set aside to marinate, stirring occasionally, at least 10 minutes.



2 Cook the vegetables

- Meanwhile, in a medium pan (nonstick, if you have one), heat the **sesame oil** on medium-high until hot.
- Add the **chopped bok choy stems and sliced shallot**. Cook, stirring occasionally, 2 to 3 minutes, or until slightly softened.
- Add the **chopped bok choy leaves and grated carrots**. Cook, stirring frequently, 30 seconds to 1 minute, or until the bok choy leaves are wilted.
- Transfer to a bowl and cover with foil to keep warm.
- Wipe out the pan.



3 Cook the fish

- Pat the **fish** dry with paper towels; season on both sides with salt, pepper, and enough of the **togarashi** to coat (you may have extra).
- In the same pan, heat **2 teaspoons 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.



4 Serve your dish

- Serve the **cooked vegetables** topped with the **cooked fish** and **marinated radishes and orange** (discarding any liquid). Garnish with the **sesame seeds**. Enjoy!



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

NUTRITION PER SERVING (AS PREPARED)**

Calories: 350, Total Carbohydrates: 25g, Dietary Fiber: 7g, Added Sugars: 1g, Total Fat: 17g, Saturated Fat: 3.5g, Protein: 28g, Sodium: 1000mg.

**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

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