

Tilapia & Creamy Curry Sauce

with Sesame & Bok Choy Rice

2 SERVINGS

⌚ 20-30 MINS

 **Blue Apron**

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Ingredients

 2 Tilapia Fillets

 1 Tbsp Sesame Oil

 2 cloves Garlic

 3 Tbsps Roasted Peanuts

 ½ cup Long Grain White Rice

 3 Tbsps Ranch Dressing

 ¼ cup Rice Flour

 10 oz Baby Bok Choy

 1 Tbsp Yellow Curry Paste

 2 tsps Vadouvan Curry Powder



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

1 Cook the rice

- In a small pot, combine the **rice**, a **big pinch of salt**, and **1 cup of water**. 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. Cover to keep warm.



2 Prepare the ingredients

- Meanwhile, wash and dry the **bok choy**. Cut off and discard the root ends of the bok choy; thinly slice.
- Peel and roughly chop **2 cloves of garlic**.
- Roughly chop the **peanuts**.



3 Cook the bok choy

- In a medium pan (nonstick, if you have one), heat **2 teaspoons of olive oil** on medium-high until hot.
- Add the **sliced bok choy** and **chopped garlic**; season with salt and pepper. Cook, stirring frequently, 2 to 3 minutes, or until softened and the bok choy leaves are wilted.
- Transfer to a large bowl and cover with foil to keep warm.
- Wipe out the pan.



4 Coat & cook the fish

- Place the **flour** and **curry powder** on a large plate; season with salt and pepper. Stir to combine.
- Pat the **fish** dry with paper towels; season with salt and pepper on both sides.
- Working one piece at a time, thoroughly coat the **seasoned fish** in the **seasoned flour**.
- In the same pan, heat a thin layer of oil on medium-high.
- Once the oil is hot enough that a pinch of flour sizzles immediately when added, add the **coated fish** (shaking off any excess flour before adding). Cook 3 to 4 minutes per side, or until browned and cooked through.*
- Turn off the heat.



5 Make the sauce & serve your dish

- Meanwhile, in a bowl, whisk together the **ranch dressing**, **curry paste**, and **1 teaspoon of water**.
- To the bowl of **cooked bok choy**, add the **cooked rice** and **sesame oil**; season with salt and pepper. Stir to combine.
- Serve the **finished rice and bok choy** topped with the **cooked fish and sauce**. Garnish with the **chopped peanuts**. Enjoy!



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

NUTRITION PER SERVING (AS PREPARED)**

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

**For information about our wellness labels visit us at blueapron.com/wellness. 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.

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