

Salsa Verde Tilapia

with Arugula, Tomatoes & Orzo Pasta

4 SERVINGS

15-25 MINS

 Blue Apron

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 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

 4 Tilapia Fillets 

 ½ lb Grape Tomatoes

 2 Tbsps Crème Fraîche

 4 Skin-On Salmon Fillets 

 4 oz Arugula

 ¼ tsp Crushed Red Pepper Flakes

 ½ lb Orzo Pasta 

 ⅓ cup Salsa Verde

 1 Tbsp Weeknight Hero Spice Blend¹



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



12 11 11

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.

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1. Onion Powder, Garlic Powder, Smoked Paprika & Whole Dried Parsley
*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 Prepare the tomatoes

- 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.
- Halve the **tomatoes**; place in a bowl and season with salt and pepper. Stir to coat.



2 Cook the pasta

- Add the **pasta** to the pot of boiling water and cook, uncovered, 7 to 9 minutes, or until tender.
- Turn off the heat. Drain thoroughly and return to the pot.
- Cover to keep warm.



3 Cook the fish

- Pat the **fish** dry with paper towels; season on both sides with salt, pepper, and the **spice blend**.
- In a large pan (nonstick, if you have one), heat **1 tablespoon 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.*
- Transfer to a plate.
- Wipe out the pan.



↔ CUSTOMIZED STEP 3 *If you chose Salmon*

- Pat the **fish** dry with paper towels; season on both sides with salt, pepper, and the **spice blend**.
- In a large pan (nonstick, if you have one), heat **1 tablespoon of olive oil** on medium until hot.
- Add the seasoned fish, skin side up. Loosely cover the pan with foil. Cook 3 to 5 minutes on the first side, or until lightly browned.
- Flip and cook 2 to 4 minutes, or until browned and cooked through.*
- Transfer to a plate.
- Wipe out the pan.

4 Cook the vegetables

- In the same pan, heat **1 tablespoon of olive oil** on medium-high until hot.
- Add the **seasoned tomatoes** and **as much of the red pepper flakes as you'd like**, depending on how spicy you'd like the dish to be. Cook, stirring occasionally, 2 to 3 minutes, or until the tomatoes are slightly softened.
- Add the **arugula**. Cook, stirring frequently, 30 seconds to 1 minute, or until slightly wilted.
- Turn off the heat.



5 Finish the pasta & serve your dish

- To the pot of **cooked pasta**, add the **crème fraîche**, **cooked vegetables**, **half the salsa verde**, and **1 teaspoon of olive oil**; stir to thoroughly combine. Taste, then season with salt and pepper if desired.
- Serve the **finished pasta** topped with the **cooked fish** and **remaining salsa verde**. Enjoy!



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

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.

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