

Tilapia & Orange-Jalapeño Salsa

with Quinoa & Carrot Salad

2 SERVINGS

30-40 MINS

 **Blue Apron**
blueapron.com



 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

Customized ingredients

 2 Tilapia Fillets 

SWAPPED FOR:

 10 oz Tail-On Shrimp¹ 

 1 oz Sliced Pickled Jalapeño Pepper

 1 Tbsp Red Wine Vinegar

 ½ cup Tricolor Quinoa

 2 cloves Garlic

 1 Navel Orange

 3 Tbsps Roasted Peanuts

 6 oz Carrots

 2 Scallions

 ½ cup Plain Nonfat Greek Yogurt

 1 Tbsp Weeknight Hero Spice Blend²



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



2-11

PersonalPoints[™]
range per serving

Now your Points value is personalized to YOU! It could be between 2-11 Points. Scan the barcode to see yours!

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



Scan these barcodes in your WW app to track PersonalPoints. Wine is not included in PersonalPoints calculations.

To learn more about the (NEW!) WW PersonalPoints[™] program, visit www.com. The WW logo, PersonalPoints and myWW are the trademarks of WW International, Inc. and are used under license by Blue Apron, LLC.

1. peeled & deveined 2. 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 PersonalPoints?** Choose nonstick cooking spray (0 PersonalPoints) instead of olive oil (1 PersonalPoint per teaspoon) to coat your pan before heating. To learn more about WW's Points program, visit ww.com.

COOK ALONG WITH



"Alexa, find Blue Apron recipes."

1 Prepare the ingredients & make the salsa

- 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**; thinly slice on an angle.
- Peel and roughly chop **2 cloves of garlic**.
- Thinly slice the **scallions**, separating the white bottoms and hollow green tops.
- Peel and medium dice the **orange**.
- Roughly chop the **peanuts**.
- Roughly chop the **pepper**; thoroughly wash your hands immediately after handling.
- In a bowl, combine the **diced orange**, **sliced green tops of the scallions**, and **as much of the chopped pepper as you'd like**, depending on how spicy you'd like the dish to be. Set aside to marinate, stirring occasionally, at least 10 minutes.



2 Cook the quinoa

- Add the **quinoa** to the pot of boiling water. Cook, uncovered, 20 to 22 minutes, or until tender. Turn off the heat.
- Drain thoroughly and return to the pot.



3 Cook the carrots

- Meanwhile, in a medium pan (nonstick, if you have one), heat a drizzle of **olive oil** on medium-high until hot.
- Add the **sliced carrots** in an even layer. Cook, without stirring, 3 to 4 minutes, or until lightly browned.
- Add the **chopped garlic** and **sliced white bottoms of the scallions**; season with salt and pepper. Cook, stirring frequently, 2 to 3 minutes, or until softened.



Step 3 continued:

- Add the **vinegar** (carefully, as the liquid may splatter). Cook, stirring frequently, 30 seconds to 1 minute, or until 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 on both sides with salt, pepper, and enough of the **spice blend** to coat (you may have extra).
- In the same pan, heat a drizzle 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.* Turn off the heat.



CUSTOMIZED STEP 4 If you chose Shrimp

- Pat the **shrimp** dry with paper towels (remove the tails, if desired). Place in a large bowl. Season with salt, pepper, and enough of the **spice blend** to coat (you may have extra). Stir to coat.
- In the same pan, heat a drizzle 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. Turn off the heat.

5 Finish & serve your dish

- To the pot of **cooked quinoa**, add the **cooked carrots** and a drizzle of **olive oil**. Stir to combine. Taste, then season with salt and pepper if desired.
- Season the **yogurt** with salt and pepper; divide between two plates and spread in an even layer.
- Serve the **seasoned yogurt** topped with the **finished quinoa**, **cooked tilapia**, and **orange salsa**. Garnish with the **chopped peanuts**. Enjoy!



CUSTOMIZED STEP 5 If you chose Shrimp

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

*The USDA recommends a minimum safe cooking temperature of 145°F for fish.

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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