

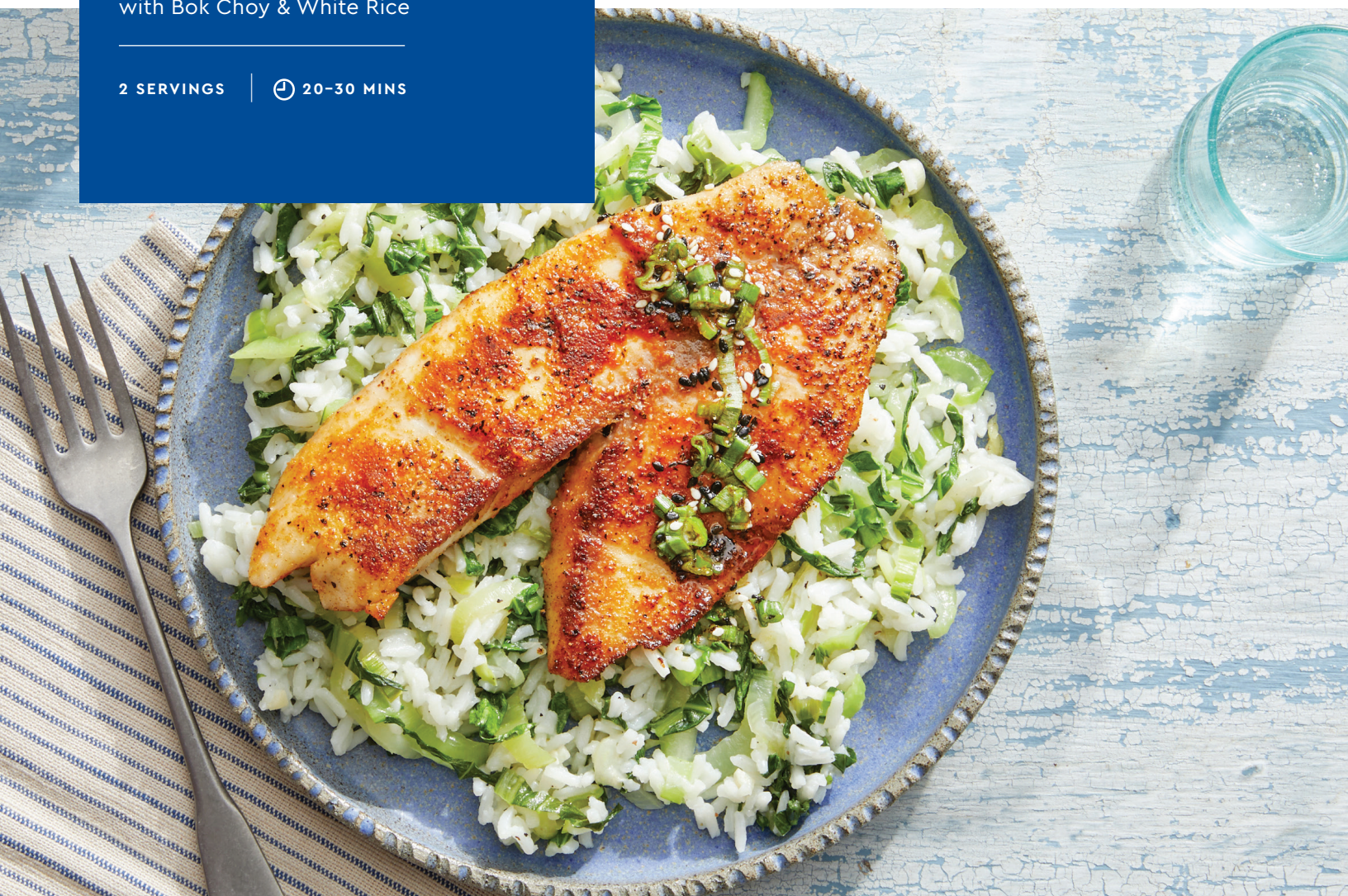
# Honey-Lime Tilapia

with Bok Choy & White Rice

2 SERVINGS

🕒 20-30 MINS

 **Blue Apron**  
blueapron.com



## Ingredients



2 Tilapia Fillets



2 Scallions



1 Tbsp Sesame Oil



1 Tbsp Southern  
Spice Blend<sup>1</sup>



½ cup Long Grain  
White Rice



1 Lime



1 Tbsp Honey



2 cloves Garlic



10 oz Baby Bok Choy



1 tsp Black & White  
Sesame Seeds



Serve with Blue Apron  
wine that has this symbol  
[blueapron.com/wine](https://blueapron.com/wine)

<sup>1</sup>. Onion Powder, Garlic Powder, Ground Yellow Mustard, Smoked Paprika & Cayenne Pepper



### 1 Cook the rice

- Remove the **honey** from the refrigerator to bring to room temperature.
- 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.



### 2 Prepare the ingredients

- Meanwhile, wash and dry the fresh produce.
- Thinly slice the **scallions**, separating the white bottoms and hollow green tops.
- Peel and roughly chop **2 cloves of garlic**.
- Cut off and discard the root ends of the **bok choy**; thinly slice crosswise.
- Halve the **lime** crosswise; squeeze the juice into a medium bowl.



### 3 Cook the bok choy & finish the rice

- In a medium pan (nonstick, if you have one), heat **2 teaspoons of olive oil** on medium-high until hot.
- Add the **sliced white bottoms of the scallions** and **chopped garlic**. Cook, stirring constantly, 1 to 2 minutes, or until softened.
- Add the **sliced bok choy**; season with salt and pepper. Cook, stirring frequently, 2 to 3 minutes, or until softened.
- Transfer to the pot of **cooked rice**; stir to combine. Taste, then season with salt and pepper if desired. Cover to keep warm.
- Wipe out the pan.



### 4 Cook the fish

- Pat the **fish** 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 the **sesame 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.



### 5 Make the sauce & serve your dish

- Meanwhile, to the bowl of **lime juice**, add the **honey** (kneading the packet before opening), **sliced green tops of the scallions**, and **sesame seeds**; season with salt and pepper. Stir to thoroughly combine.
- Serve the **finished rice** topped with the **cooked fish** and **sauce**. Enjoy!



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