

# Seared Tilapia & Creamy Cilantro Sauce

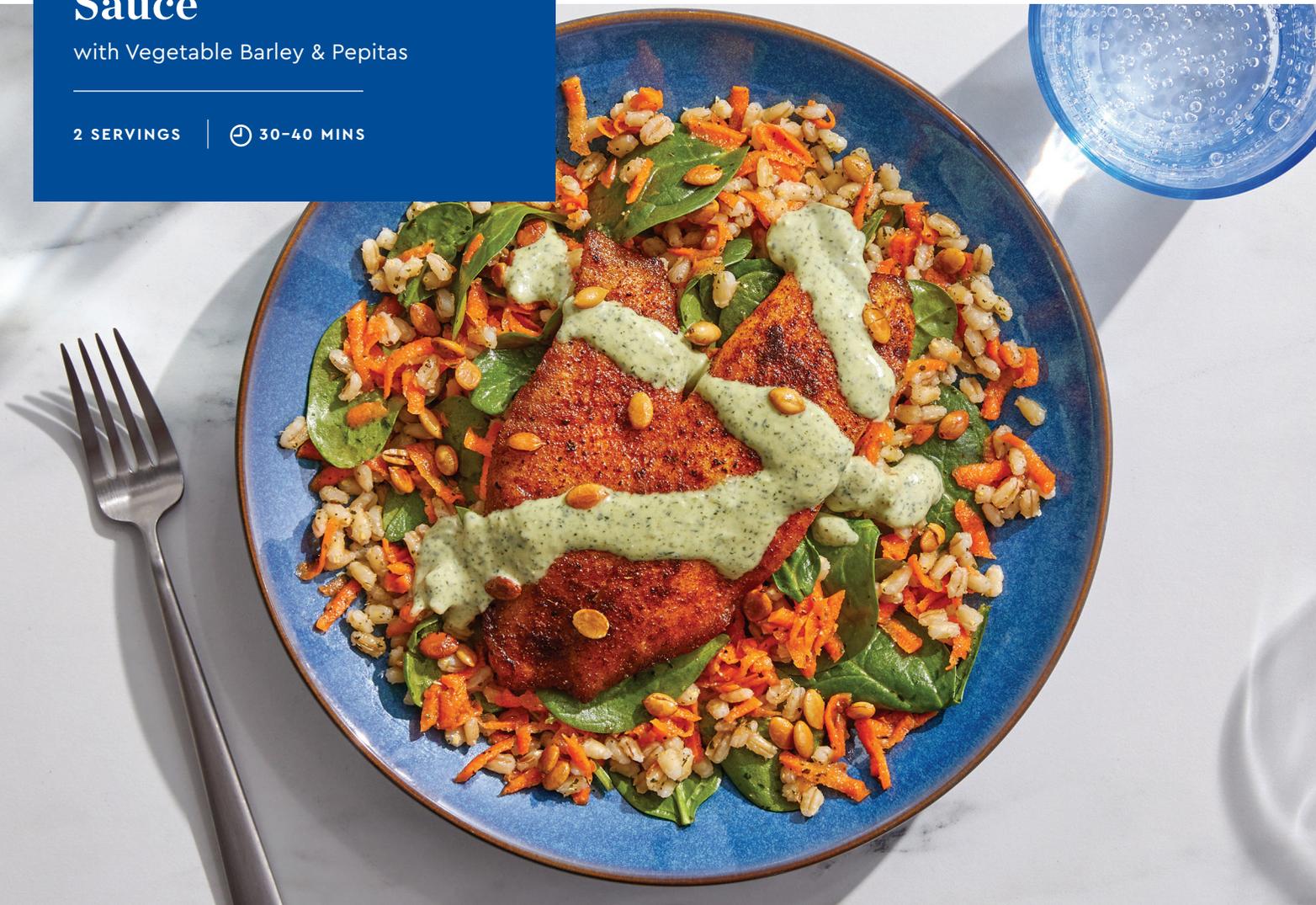
with Vegetable Barley & Pepitas

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:

 2 Skin-On Salmon Fillets 

 2 Tbsps Raw Pepitas

 ¼ cup Cilantro Sauce

 ½ cup Pearled Barley

 1 Lime

 2 Tbsps Crème Fraîche

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

 6 oz Carrots

 3 oz Baby Spinach

 2 tsps Honey



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



**10 - 12** PersonalPoints<sup>™</sup> range per serving

Now your Points value is personalized to YOU! It could be between 10-12 Points. Scan the barcode to see yours!



Scan this barcode in your WW app to track PersonalPoints. Wine is not included in PersonalPoints as packaged. Skip adding salt during prep and cooking, and see nutrition info for sodium as packaged. Choose nonstick cooking spray (0 PersonalPoints) instead of olive oil (1 PersonalPoint per teaspoon) to coat your pan before heating.

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

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

1. Ancho Chile Powder, Smoked Paprika, Garlic Powder, Ground Cumin & Dried Mexican Oregano  
\*Ingredients may be replaced and quantities may vary.

Learn more at [blueapron.com/pages/wellness](https://blueapron.com/pages/wellness)

COOK ALONG WITH



"Alexa, find Blue Apron recipes."

## 1 Cook the barley

- Remove the **honey** from the refrigerator to bring to room temperature.
- Fill a medium pot  $\frac{3}{4}$  of the way up with salted water; cover and heat to boiling on high.
- Once boiling, add the **barley** and cook, uncovered, 30 to 32 minutes, or until tender. Turn off the heat.
- Drain thoroughly and return to the pot.



## 2 Prepare the ingredients

- Meanwhile, wash and dry the fresh produce.
- Peel the **carrots** and grate on the large side of a box grater.
- Halve the **lime** crosswise.
- In a large bowl, whisk together the **honey** (kneading the packet before opening), the **juice of both lime halves** and **1 tablespoon of olive oil**. Add the **grated carrots** and season with salt and pepper; stir to combine. Set aside to marinate, stirring occasionally, at least 10 minutes.
- In a separate bowl, combine the **crème fraîche** and **half the cilantro sauce**. Taste, then season with salt and pepper if desired.



## 3 Toast the pepitas

- In a medium pan (nonstick, if you have one), heat a drizzle of **olive oil** on medium-high until hot.
- Add the **pepitas**; season with salt and pepper. Cook, stirring frequently, 2 to 3 minutes, or until golden brown (be careful, as the pepitas may pop as they toast).
- Transfer to a plate and immediately season with salt.
- Wipe out the pan.



## 4 Cook the fish

- Once the barley has cooked about 20 minutes, 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 a drizzle of **olive oil** on medium-high until hot.
- Add the seasoned fish. Cook 3 to 4 minutes per side, or until lightly browned and cooked through.\*
- Turn off the heat.



## ↳ CUSTOMIZED STEP 4 If you chose Salmon

- Once the barley has cooked about 20 minutes, pat the **fish** dry with paper towels. Season on both sides with salt and pepper. Season only on the skinless side with 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 fish, skin side down. Cook 5 to 7 minutes, or until the skin is browned and crispy. Flip and cook 1 to 2 minutes, or until lightly browned and cooked through.\*
- Turn off the heat.

## 5 Finish the barley & serve your dish

- To the pot of **cooked barley**, add the **spinach**, **marinated carrots** (including the liquid), and **remaining cilantro sauce**. Stir to combine; taste, then season with salt and pepper if desired.
- Serve the **cooked fish** over the **finished barley**. Top with the **creamy cilantro sauce** and **toasted pepitas**. Enjoy!



\*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](http://blueapron.com) or in the Blue Apron app, then click on VIEW FULL NUTRITION.

Food safety handling information: [blog.blueapron.com/foodsafety](http://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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