

Tilapia & Jalapeño-Orange Salsa

over Vegetable Quinoa & Spiced Yogurt

2 SERVINGS

⌚ 35-45 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

 2 Tilapia Fillets 🍷

 1 Navel Orange

 4 oz Grape Tomatoes

 ½ cup Plain Nonfat Greek Yogurt


 1 Tbsp Southern Spice Blend²

 10 oz Tail-On Shrimp¹ 🍷

 2 cloves Garlic


 2 Scallions

 1 Tbsp Verjus Rouge

 ½ cup Tricolor Quinoa

 6 oz Carrots

 1 oz Sliced Pickled Jalapeño Pepper

 3 Tbsps Roasted Peanuts



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



12 10 3

SmartPoints® value per serving
(as packaged)

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



Scan this barcode in your WW app to track SmartPoints (the barcode at left provides the standard recipe and the barcode at right provides the customized version). 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.

To learn more about WW and SmartPoints visit www.ww.com. The WW logo, SmartPoints 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, Ground Yellow Mustard, Smoked Paprika & Cayenne Pepper
*Ingredients may be replaced and quantities may vary.

Learn more at blueapron.com/pages/wellness

1 Cook the quinoa

- 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 **quinoa** and cook, uncovered, 20 to 22 minutes, or until tender. Turn off the heat.
- Drain thoroughly and return to the pot.



2 Prepare the ingredients & make the salsa

- Meanwhile, wash and dry the fresh produce.
- Peel the **carrots**; quarter lengthwise, then cut crosswise into 1-inch pieces.
- Halve the **tomatoes**.
- Peel **2 cloves of garlic**. Roughly chop one clove. Using a zester or the small side of a box grater, finely grate the remaining clove into a paste.
- Roughly chop the **peanuts**.
- Thinly slice the **scallions**, separating the white bottoms and hollow green tops.
- Peel and medium dice the **orange**; place in a medium bowl.
- Roughly chop the **pepper**. Thoroughly wash your hands, knife, and cutting board immediately after handling.
- To the bowl of **diced orange**, add the **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. Drizzle with **olive oil** and season with salt and pepper.
- In a separate bowl, combine the **yogurt**, **a pinch of the spice blend**, a drizzle of **olive oil**, and **as much of the garlic paste as you'd like**. Season with salt and pepper.



3 Cook the vegetables

- In a medium pan (nonstick, if you have one), heat **2 teaspoons of olive oil** on medium-high until hot.
- Add the **carrot pieces** in an even layer. Cook, without stirring, 2 to 3 minutes, or until lightly browned and slightly softened.
- Add the **halved tomatoes**, **chopped garlic**, and **sliced white bottoms of the scallions**; season with salt and pepper. Cook, stirring frequently, 2 to 3 minutes, or until softened and combined. Turn off the heat.



Step 3 continued:

- Transfer to the pot of **cooked quinoa**. Stir in the **verjus** and a drizzle of **olive oil**; season with salt and pepper. Cover 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 **remaining spice blend** to coat (you may have extra).
- In the same pan, heat **2 teaspoons of olive oil** on medium-high until hot.
- Add the seasoned tilapia. Cook 3 to 4 minutes per side, or until 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 **remaining spice blend** to coat (you may have extra); stir to coat.
- In the same pan, heat **2 teaspoons 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

- Meanwhile, to the pot of **cooked quinoa and vegetables**, add the **chopped peanuts**; stir to combine. Taste, then season with salt and pepper if desired.
- Divide the **seasoned yogurt** between two dishes and spread into an even layer.
- Serve the **seasoned yogurt** topped with the **finished quinoa**, **cooked tilapia**, and **salsa**. Enjoy!



↺ CUSTOMIZED STEP 5 If you chose Shrimp

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

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