

Baked Tilapia & Creamy Kale

with Fregola Sarda Pasta

4 SERVINGS

⌚ 35-45 MINS

 **Blue Apron**

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Ingredients

 4 Tilapia Fillets 

 2 cloves Garlic

 ¼ cup Grated Romano Cheese

 ¼ cup Panko Breadcrumbs

 ¼ tsp Crushed Red Pepper Flakes

 18 oz Tail-On Shrimp¹ 

 1 Lemon

 2 Tbsps Butter

 2 Tbsps Mascarpone Cheese

 1 Tbsp Weeknight Hero Spice Blend²

 1 ¼ cups Fregola Sarda Pasta

 1 bunch Kale

 ¼ cup Cream

 ¼ cup Labneh Cheese

1. peeled & deveined 2. Onion Powder, Garlic Powder, Smoked Paprika & Whole Dried Parsley
*Ingredients may be replaced and quantities may vary.

1 Cook the pasta

- Place an oven rack in the center of the oven; preheat to 450°F.
- Fill a medium pot $\frac{3}{4}$ of the way up with salted water; cover and heat to boiling on high.
- Place the **pasta** in a strainer. Thoroughly rinse under water to remove any excess starch.
- Once boiling, add the pasta to the pot and cook 7 to 8 minutes, or until tender.
- Turn off the heat. Drain thoroughly.



2 Prepare the ingredients

- Meanwhile, wash and dry the fresh produce.
- Separate the **kale** leaves from the stems; discard the stems, then roughly chop the leaves.
- Peel **2 cloves of garlic**; using a zester or the small side of a box grater, finely grate into a paste.
- Using a zester or the small side of a box grater, zest the **lemon** to get 2 teaspoons. Quarter and deseed the lemon.
- In a large bowl, combine the **garlic paste** and **lemon zest**.



3 Cook the kale

- In a large pan (nonstick, if you have one), heat **1 tablespoon of olive oil** on medium-high until hot.
- Add the **chopped kale**; season with salt and pepper. Cook, stirring occasionally, 3 to 4 minutes, or until slightly wilted.
- Add $\frac{1}{2}$ **cup of water** (carefully, as the liquid may splatter). Cook, stirring occasionally, 3 to 4 minutes, or until the kale is wilted and the water has cooked off.
- Turn off the heat.



4 Dress the pasta & kale

- To the bowl of prepared **garlic paste** and **lemon zest**, add the **mascarpone, labneh, cream, romano, the juice of 2 lemon wedges, 2 tablespoons of olive oil**, and as much of the **red pepper flakes** as you'd like, depending on how spicy you'd like the dish to be. Whisk to thoroughly combine.
- Add the **cooked pasta** and **cooked kale**; season with salt and pepper. Stir to thoroughly combine.
- Transfer to a baking dish (making sure the kale is evenly distributed).



5 Prepare the tilapia

- Pat the **tilapia** dry with paper towels; season on both sides with salt, pepper, and the **spice blend**.
- Cut the **butter** into 4 equal-sized pieces.
- Place the **seasoned tilapia** on top of the **dressed pasta and kale**.
- Top each tilapia fillet with **1 piece of the butter**. Cover the baking dish with foil.



↻ CUSTOMIZED STEP 5 *If you chose Shrimp*

- Melt the **butter** in a small bowl in the microwave (or melt in a small pot on the stove, then transfer to a small bowl).
- Add the **breadcrumbs** to the bowl; season with salt and pepper. Stir to combine.
- Pat the **shrimp** dry with paper towels (remove the tails, if desired). Place in a separate, large bowl; season with salt, pepper, and the **spice blend**. Stir to coat.
- Place the **seasoned shrimp** on top of the **dressed pasta and kale**.
- Evenly top with the **seasoned breadcrumbs**. Drizzle with **olive oil**; season with salt and pepper.

6 Bake & serve your dish

- Bake the **prepared tilapia and pasta** 7 minutes.
- Leaving the oven on, remove from the oven. Carefully remove the foil.
- Evenly top with the **breadcrumbs**. Drizzle with **olive oil**; season with salt and pepper.
- Return to the oven and bake 8 to 10 minutes, or until the breadcrumbs are lightly browned and the tilapia is cooked through.*
- Remove from the oven. Let stand at least 2 minutes before serving.
- Serve the **baked tilapia and pasta** topped with **the juice of the remaining lemon wedges**. Enjoy!



↻ CUSTOMIZED STEP 6 *If you chose Shrimp*

- Bake the **prepared shrimp and pasta** 8 to 11 minutes, or until the breadcrumbs are lightly browned and the shrimp are cooked through.
- Remove from the oven. Let stand at least 2 minutes before serving.
- Serve the **baked shrimp and pasta** topped with **the juice of the remaining lemon wedges**. Enjoy!

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

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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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