

# Lemon-Caper Tilapia

with Orzo, Zucchini & Peppers

4 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](https://blueapron.com) for ingredients (denoted with an ) and instructions tailored to you.\*

## Ingredients

 4 Tilapia Fillets 


 2 Red, Yellow, or Orange Bell Peppers


 1 Lemon

 1 oz Butter


 1 Tbsp Weeknight Hero Spice Blend<sup>1</sup>

 4 Skin-On Salmon Fillets 

 2 Zucchini

 1 bunch Parsley

 2 Tbsps Crème Fraîche

 ½ lb Orzo Pasta

 2 cloves Garlic

 1 Tbsp Capers

 1 Tbsp Verjus Blanc



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



12 10 10

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.

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<sup>1</sup> Onion Powder, Garlic Powder, Smoked Paprika & Whole Dried Parsley  
\*Ingredients may be replaced and quantities may vary.



## 1 Prepare the ingredients

- 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.
- Quarter the **zucchini** lengthwise, then cut crosswise into  $\frac{1}{2}$ -inch pieces.
- Cut off and discard the stems of the **peppers**. Quarter lengthwise; remove the ribs and seeds, then thinly slice crosswise.
- Peel and roughly chop **2 cloves of garlic**.
- Halve the **lemon** crosswise; squeeze the juice into a bowl, straining out the seeds.
- Roughly chop the **parsley** leaves and stems.



## 2 Cook the pasta

- Add the **pasta** to the pot of boiling water. Cook, uncovered, 7 to 9 minutes, or until tender. Turn off the heat.
- Drain thoroughly and return to the pot.



## 3 Cook the vegetables & finish the pasta

- Meanwhile, in a large pan (nonstick, if you have one), heat **2 teaspoons of olive oil** on medium-high until hot.
- Add the **zucchini pieces** in an even layer. Cook, without stirring, 2 to 3 minutes, or until lightly browned.
- Add the **sliced peppers** and **chopped garlic**; season with salt and pepper. Cook, stirring occasionally, 2 to 3 minutes, or until slightly softened.
- Add the **verjus** (carefully, as the liquid may splatter). Cook, stirring constantly, 30 seconds to 1 minute, or until the liquid has cooked off. Turn off the heat.
- Transfer to the pot of **cooked pasta**. Add the **crème fraîche** and a drizzle of **olive oil**; stir to thoroughly combine. Taste, then season with salt and pepper if desired. Cover to keep warm.
- Wipe out the pan.



## 4 Cook the fish & serve your dish

- Pat the **fish** dry with paper towels; season on both sides with salt, pepper, and the **spice blend**.
- In the same pan, heat **2 teaspoons of olive oil** on medium-high until hot.
- Add the **seasoned fish**. Cook 3 to 4 minutes, or until browned (if the pan seems dry, add a drizzle of olive oil before flipping). Flip and cook 2 to 3 minutes, or until lightly browned.
- Add the **butter, capers, and lemon juice** (carefully, as the liquid may splatter). Cook, constantly spooning the sauce over the fish, 1 to 2 minutes, or until coated and cooked through.\*
- Turn off the heat.
- Serve the **cooked fish and sauce** over the **finished pasta**. Garnish with the **chopped parsley**. Enjoy!



### CUSTOMIZED STEP 4 If you chose Salmon

- Pat the **fish** dry with paper towels; season on both sides with salt, pepper, and the **spice blend**.
- In the same pan, heat **2 teaspoons of olive oil** on medium until hot.
- Add the **seasoned fish**, skin side up. Loosely cover the pan with foil. Cook 3 to 5 minutes, or until lightly browned (if the pan seems dry, add a drizzle of olive oil before flipping). Flip and cook 1 to 2 minutes, or until lightly browned.
- Add the **butter, capers, and lemon juice** (carefully, as the liquid may splatter). Cook, constantly spooning the sauce over the fish, 1 to 2 minutes, or until coated and cooked through.\*
- Turn off the heat.
- Serve the **cooked fish and sauce** over the **finished pasta**. Garnish with the **chopped parsley**. Enjoy!

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