

Crispy Tilapia & Caper Mayo

with Salt & Vinegar Potatoes

2 SERVINGS

30-40 MINS



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Ingredients

 2 Tilapia Fillets

 6 oz Green Beans

 1 cup Potato Flakes

 1 Tbsp Capers

 1 Pasture-Raised Egg

 2 Tbsps Apple Cider Vinegar

 2 Tbsps Mayonnaise

 1 Tbsp Weeknight Hero Spice Blend¹

 ¾ lb Golden or Red Potatoes

 2 cloves Garlic

 ½ oz Pickled Peppadew Peppers

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

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SmartPoints® value per serving (as packaged)

Scan this barcode in your WW app to track SmartPoints.

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.wellness.com. The WW logo, SmartPoints and myWW are the trademarks of WW International, Inc. and are used under license by Blue Apron, LLC.

1. Onion Powder, Garlic Powder, Smoked Paprika & Whole Dried Parsley

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Hey, Chef! Try these WW pro-tips: Skip adding salt during prep and cooking, and see nutrition info for sodium as packaged. **Counting SmartPoints?** Choose nonstick cooking spray (0 SmartPoints) instead of olive oil (1 SmartPoint per teaspoon) to coat your pan before heating.

1 Prepare the ingredients

- Place an oven rack in the center of the oven; preheat to 450°F.
- Wash and dry the fresh produce.
- Cut the **potatoes** into 1-inch-wide wedges.
- Cut off and discard any stem ends from the **green beans**.
- Peel and roughly chop **2 cloves of garlic**.
- Roughly chop the **peppers**.
- Roughly chop the **capers**.
- In a bowl, combine the **mayonnaise** and **chopped capers**. Taste, then season with salt and pepper if desired.



2 Roast & finish the potatoes

- Place the **potato wedges** on a sheet pan. Drizzle with **2 teaspoons of olive oil** and season with salt and pepper; toss to coat. Arrange in an even layer.
- Roast 21 to 23 minutes, or until browned and tender when pierced with a fork.
- Remove from the oven and immediately top with the **vinegar** and a **big pinch of salt**. Carefully stir to coat.



3 Coat the fish

- Meanwhile, place the **spice blend** and **potato flakes** on two separate large plates.
- Crack the **egg** into a large bowl; season with salt and pepper. Beat until smooth.
- Pat the **fish** dry with paper towels; season with salt and pepper on both sides.
- Working one piece at a time, thoroughly coat the **seasoned fish** in the **spice blend** (tapping off any excess), then in the **beaten egg** (letting the excess drip off), then in the **potato flakes** (pressing to adhere).
- Transfer to a separate plate.



4 Cook the green beans

- In a medium pan (nonstick, if you have one), heat **2 teaspoons of olive oil** on medium-high until hot.
- Add the **green beans** in an even layer. Cook, without stirring, 3 to 4 minutes, or until lightly browned.
- Add the **chopped garlic** and **chopped peppers**; season with salt and pepper. Cook, stirring occasionally, 1 to 2 minutes, or until slightly softened.
- Add **2 tablespoons of water** (carefully, as the liquid may splatter). Cook, stirring occasionally, 1 to 2 minutes, or until the green beans are softened and the water has cooked off.
- Transfer to a bowl. Taste, then season with salt and pepper if desired. Cover with foil to keep warm.
- Wipe out the pan.



5 Cook the fish & serve your dish

- In the same pan, heat **1 tablespoon of olive oil** on medium-high until hot.
- Add the **coated fish** (tapping off any excess coating before adding). Cook 4 to 5 minutes, or until browned.
- Flip and cook 3 to 4 minutes, or until browned and cooked through.* Turn off the heat.
- Serve the **cooked fish** with the **finished potatoes** and **cooked green beans**. Top the fish with the **caper mayo**. Enjoy!



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

To view this recipe's full nutrition information, SEE FULL RECIPE in the current tab of your account at blueapron.com or in the Blue Apron app, then click on VIEW FULL NUTRITION.

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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