

# Sweet Chili Tilapia & Sesame Breadcrumbs

with Garlic Rice & Snow Peas

2 OR 4 SERVINGS

⌚ 25-35 MINS

 **Blue Apron**  
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## Ingredients

-  2 Tilapia Fillets or 4 for 4 servings
-  4 oz Snow Peas or ½ lb for 4 servings
-  2 Scallions
-  1 Tbsp Sambal Oelek
-  1 tsp Black & White Sesame Seeds

-  ½ cup Long Grain White Rice or 1 cup for 4 servings
-  2 cloves Garlic
-  1 oz Salted Butter
-  1 Tbsp Soy Sauce or 2 Tbsps for 4 servings

-  ¼ cup Panko Breadcrumbs
-  1 Lime
-  3 Tbsps Sweet Chili Sauce or ¼ cup for 4 servings
-  1 Tbsp Sesame Oil

 Serve with Blue Apron wine that has this symbol  
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COOK ALONG WITH



"Alexa, find Blue Apron recipes."

## 1 Prepare the ingredients & make the glaze

- Wash and dry the fresh produce.
- Peel and roughly chop **2 cloves of garlic**.
- If desired, remove the tough strings from the **snow peas**.
- Thinly slice the **scallions**, separating the white bottoms and hollow green tops.
- Halve the **lime** crosswise.
- In a bowl, combine the **soy sauce**, **sweet chili sauce**, the **juice of 1 lime half**, **1 teaspoon of water** or *2 teaspoons of water if you're cooking 4 servings*, and **as much of the sambal oelek as you'd like**, depending on how spicy you'd like the dish to be; season with salt and pepper.



## 2 Cook the rice

- Carefully rinse the **rice** (sifting through for any impurities). Drain thoroughly.
- In a small pot, combine the **rice**, **chopped garlic**, **a big pinch of salt**, and **1 cup of water** or *use a medium pot and 2 cups of water if you're cooking 4 servings*. Heat to boiling on high.
- Once boiling, reduce the heat to low. Cover and cook, without stirring, 13 to 15 minutes, or until the water has been absorbed and the rice is tender.
- Turn off the heat and fluff with a fork.



## 3 Make the sesame breadcrumbs

- Meanwhile, in a medium pan or a large pan if you're cooking 4 servings (nonstick, if you have one), heat the **sesame oil** on medium-high until hot.
- Add the **breadcrumbs**; season with salt and pepper. Cook, stirring frequently, 2 to 3 minutes, or until lightly browned and toasted.
- Transfer to a plate.
- Wipe out the pan.



## 4 Cook the snow peas

- In the same pan, heat a drizzle of **olive oil** on medium-high until hot.
- Add the **snow peas**; season with salt and pepper. Cook, stirring occasionally, 2 to 3 minutes, or until slightly softened.
- Add the **sliced white bottoms of the scallions**. Cook, stirring frequently, 1 to 2 minutes, or until softened.
- Turn off the heat and stir in the **juice of the remaining lime half**. Taste, then season with salt and pepper if desired.
- Transfer to a bowl and cover with foil to keep warm.
- Wipe out the pan.



## 5 Cook the fish & serve your dish

- Pat the **fish** dry with paper towels. Season with salt and pepper on both sides.
- In the same pan, heat a drizzle of **olive oil** on medium-high until hot.
- Add the **seasoned fish**. Cook 3 to 4 minutes, or until lightly browned. Flip and cook 2 minutes.
- Add the **glaze** (carefully, as the liquid may splatter) and **butter**. Cook, stirring frequently and spooning the glaze over the fish, 1 to 2 minutes, or until the fish is coated and cooked through.\*
- Turn off the heat.
- Serve the **cooked fish** (including any glaze from the pan) with the **garlic rice** and **cooked peas**. Top the fish with the **sesame breadcrumbs**. Garnish with the **sesame seeds** and **sliced green tops of the scallions**. Enjoy!



\*The USDA recommends a minimum safe cooking temperature of 145°F for fish.

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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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