

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



½ 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 blueapron.com/wine

Cook along on the app

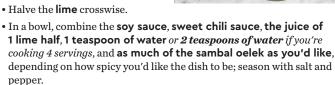
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"Alexa, find Blue Apron recipes."

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.



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.

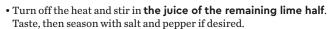
3 Make the sesame breadcrumbs

- 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
- 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.



- 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.

