

Pan-Seared Tilapia & Saffron Rice

with Sherry-Date Pan Sauce

2 SERVINGS

⌚ 25-35 MINS

 **Blue Apron**
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Ingredients

Customized ingredients

 2 Tilapia Fillets 

SWAPPED FOR:

 2 Skin-On Salmon Fillets 

 2 Tbsps Sherry Vinegar


 1 oz Dried Medjool Dates


 ½ cup Long Grain White Rice


 2 cloves Garlic

 1 pinch Saffron


 1 oz Butter


 ¼ tsp Crushed Red Pepper Flakes

 1 Zucchini

 1 bunch Parsley

 2 tsps Date Syrup

 2 Tbsps Sliced Roasted Almonds

 1 Tbsp Spanish Spice Blend¹



Serve with Blue Apron wine that has this symbol
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¹ Smoked Paprika, Ground Cumin, Ground Coriander, Dried Mexican Oregano, Cayenne Pepper & Ground Cinnamon
*Ingredients may be replaced and quantities may vary.

1 Prepare the ingredients

- Wash and dry the fresh produce.
- Pit and roughly chop the **dates**.
- Halve the **zucchini** lengthwise, then cut crosswise into 1/4-inch pieces.
- Peel and roughly chop **2 cloves of garlic**.
- Roughly chop the **parsley** leaves and stems.



2 Cook the rice

- In a medium pot, combine the **rice, saffron, chopped dates, a big pinch of salt, and 1 cup of water**. 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 Cook the zucchini

- Meanwhile, in a medium 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 browned.
- Add the **chopped garlic** and **as much of the red pepper flakes as you'd like**, depending on how spicy you'd like the dish to be; season with salt and pepper. Cook, stirring frequently, 1 to 2 minutes, or until combined and softened.
- Add **half the vinegar**. Cook, stirring frequently, 30 seconds to 1 minute, or until the liquid has cooked off and the zucchini is softened.
- Transfer to a bowl; cover with foil to keep warm.
- Rinse and wipe out the pan.



4 Cook the fish

- Pat the **fish** dry with paper towels. Season on both sides with salt, pepper, and enough of the **spice blend** to coat (you may have extra).
- In the same pan, heat **2 teaspoons of olive oil** on medium-high until hot.
- Add the seasoned fish. Cook 3 to 4 minutes per side, or until browned and cooked through.*
- Leaving any browned bits (or fond) in the pan, transfer to a plate.



↺ CUSTOMIZED STEP 4 *If you chose Salmon*

- Pat the **fish** dry with paper towels; season on both sides with salt, pepper, and enough of the **spice blend** to coat (you may have extra).
- 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 on the first side, or until browned.
- Flip and cook 2 to 4 minutes, or until lightly browned and cooked through.*
- Leaving any browned bits (or fond) in the pan, transfer to a plate.

5 Make the pan sauce & serve your dish

- Heat the pan of reserved fond on medium-high until hot.
- Add the **remaining vinegar** (carefully, as the liquid may splatter), **date syrup**, and **1/4 cup of water**. Season with salt and pepper. Cook, stirring frequently, 2 to 3 minutes, or until reduced and slightly thickened.
- Turn off the heat; stir in the **butter** until melted and combined. Taste, then season with salt and pepper if desired.
- To the pot of **cooked rice**, add the **cooked zucchini** and a drizzle of **olive oil**; stir to combine. Taste, then season with salt and pepper if desired.
- Serve the **finished rice** topped with the **cooked fish** and **pan sauce**. Garnish with the **almonds** and **chopped parsley**. Enjoy!



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