

## **Ingredients**



4 Tilapia Fillets



1 piece Ginger



2 Tbsps Soy Sauce



1/3 cup Crispy Onions



1 tsp Black & White Sesame Seeds



1 cup Long Grain White Rice



6 oz Green Beans



1 Tbsp Sesame Oil



¼ cup Rice Flour



2 Red, Yellow, or Orange Bell Peppers



1 Tbsp Yellow Curry Paste



2 Tbsps Honey



3 Tbsps Roasted Peanuts



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

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#### Cook the rice

- Remove the **honey** from the refrigerator to bring to room temperature.
- In a medium pot, combine the rice, a big pinch of salt, and 2 cups of water. Heat to boiling on high.
- Once boiling, reduce the heat to low. Cover and cook, without stirring, 13 to



• Turn off the heat and fluff with a fork.

### 2 Prepare the ingredients & make the glaze

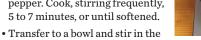
- · Meanwhile, wash and dry the fresh produce.
- Peel the ginger; finely chop to get 1 tablespoon (you may have extra).
- Cut off and discard the stems of the **peppers**. Quarter lengthwise; remove the ribs and seeds, then cut crosswise into 1-inch strips.



- Cut off and discard any stem ends from the green beans.
- Roughly chop the peanuts; place in a bowl. Add the crispy onions and stir to combine.
- In a separate bowl, whisk together the **honey** (kneading the packet before opening), soy sauce, 1/4 cup of warm water, and as much of the curry paste as you'd like, depending on how spicy you'd like the dish to be.

### 3 Cook the vegetables

- In a large pan (nonstick, if you have one), heat the sesame oil on medium-high until hot.
- Add the chopped ginger, pepper strips, and green beans; season with salt and pepper. Cook, stirring frequently, 5 to 7 minutes, or until softened.



- sesame seeds. Cover with foil to keep warm.
- · Wipe out the pan.

#### 4 Cook the fish & serve your dish

- Pat the **fish** dry with paper towels; season with salt and pepper on both sides.
- Place the **flour** on a large plate.
- Working one piece at a time, thoroughly coat the seasoned fish in the flour
- In the same pan, heat 2 tablespoons of olive oil on medium-high until hot.



- Add the **coated fish** (tapping off any excess flour before adding). Cook 3 to 4 minutes, or until browned. Flip and cook 2 to 3 minutes, or until lightly browned.
- Add the glaze (carefully, as the liquid may splatter). Cook, constantly 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) and cooked rice with the cooked vegetables. Garnish the fish with the peanut-onion mixture. Enjoy!

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



