

Curry-Glazed Tilapia & Rice

with Ginger Green Beans & Peppers

4 SERVINGS

⌚ 30-40 MINS

 **Blue Apron**
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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

 1/4 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
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1 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 15 minutes, or until the water has been absorbed and the rice is tender.
- 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**, **¼ 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.
- Transfer to a bowl and stir in the **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.

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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