

Southern-Spiced Tilapia & Scallion Mayo

with Vegetable Farro & BBQ Sauce

4 SERVINGS

25-35 MINS

 **Blue Apron**
blueapron.com



 IF YOU CHOSE A CUSTOMIZED OPTION, visit the Current tab in the Blue Apron app or at blueapron.com for ingredients (denoted with an  icon) and instructions tailored to you.*

Ingredients

Customized ingredients


 4 Tilapia Fillets 

SWAPPED FOR:


 4 Skin-On Salmon Fillets 

 ½ cup Barbecue Sauce

 1 oz Sweet Drop Peppers

 1 cup Semi-Pearled Farro


 2 cloves Garlic

 ½ lb Grape Tomatoes


 ¼ cup Mayonnaise

 1 Tbsp Southern Spice Blend¹

 2 Poblano Peppers

 1 lb Broccoli

 4 Scallions

 2 Tbsps Vegetarian Worcestershire Sauce



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



12 11 7

SmartPoints® value per serving (as packaged)

If you customized this recipe, your SmartPoints may differ from what's above.



Scan this barcode in your WW app to track SmartPoints (the barcode at left provides the standard recipe and the barcode at right provides the customized version). Wine is not included in SmartPoints as packaged. Skip adding salt during prep and cooking, and see nutrition info for sodium as packaged. Choose nonstick cooking spray (0 SmartPoints) instead of olive oil (1 SmartPoint per teaspoon) to coat your pan before heating.

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¹ Onion Powder, Garlic Powder, Ground Yellow Mustard, Smoked Paprika & Cayenne Pepper
*Ingredients may be replaced and quantities may vary.

1 Cook & dress the farro

- Place an oven rack in the center of the oven; preheat to 450°F.
- Fill a medium pot $\frac{3}{4}$ of the way up with salted water; cover and heat to boiling on high.
- Once boiling, add the **farro** to the pot. Cook, uncovered, 18 to 20 minutes, or until tender. Turn off the heat.
- Drain thoroughly and return to the pot. Add the **barbecue sauce** and **2 teaspoons of olive oil**. Season with salt and pepper; stir to combine. Cover to keep warm.



2 Prepare the ingredients & marinate the tomatoes

- Meanwhile, wash and dry the fresh produce.
- Cut off and discard the bottom $\frac{1}{2}$ inch of the **broccoli** stem; cut the broccoli into small florets.
- Thinly slice the **scallions**.
- Peel and roughly chop **2 cloves of garlic**.
- Halve the **tomatoes**; place in a bowl. Add the **worcestershire sauce** and **2 teaspoons of olive oil**. Season with salt and pepper; stir to combine. Set aside to marinate, stirring occasionally, at least 10 minutes.
- Cut off and discard the stems of the **poblano peppers**. Halve the lengthwise; remove the ribs and seeds, then large dice. Thoroughly wash your hands immediately after handling.



3 Roast the vegetables

- Place the **broccoli florets** and **diced peppers** on a sheet pan. Drizzle with **2 teaspoons of olive oil** and season with salt and pepper. Toss to coat and arrange in an even layer.
- Roast 14 to 16 minutes, or until browned and tender when pierced with a fork.
- Remove from the oven.



4 Make the scallion mayo

- Meanwhile, in a large pan (nonstick, if you have one), heat **1 tablespoon of olive oil** on medium-high until hot.
- Add the **sliced scallions** and **chopped garlic**; season with salt and pepper. Cook, stirring constantly, 3 to 4 minutes, or until lightly browned and slightly softened.
- Transfer to a medium bowl (including any oil from the pan). Stir in the **mayonnaise** and **1 tablespoon of water**. Taste, then season with salt and pepper if desired.
- Wipe out the pan.



5 Cook the fish

- Pat the **fish** dry with paper towels. Season on both sides with salt, pepper, and the **spice blend**.
- In the same pan, heat **1 tablespoon 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.* Turn off the heat.



↺ CUSTOMIZED STEP 5 If you chose Salmon

- Pat the **fish** dry with paper towels; season on both sides with salt, pepper, and the **spice blend**.
- In the same pan, heat **1 tablespoon 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 lightly browned. Flip and cook 2 to 4 minutes, or until browned and cooked through.* Turn off the heat.

6 Finish the farro & serve your dish

- To the pot of **dressed farro**, add the **roasted vegetables** and **marinated tomatoes** (including the liquid); stir to combine. Taste, then season with salt and pepper if desired.
- Serve the **finished farro** topped with the **cooked fish**, **scallion mayo**, and **pickled peppers**. Enjoy!



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