Tilapia Piccata

with Orzo, Zucchini, & Sweet Peppers

TIME: 30-40 minutes SERVINGS: 4

Tonight, we're coating mild tilapia with a blend of flour and aromatic seasonings, then cooking it in a rich, bright, caper-studded sauce. The dish is complete with a familyfriendly medley of orzo and sautéed veggies.

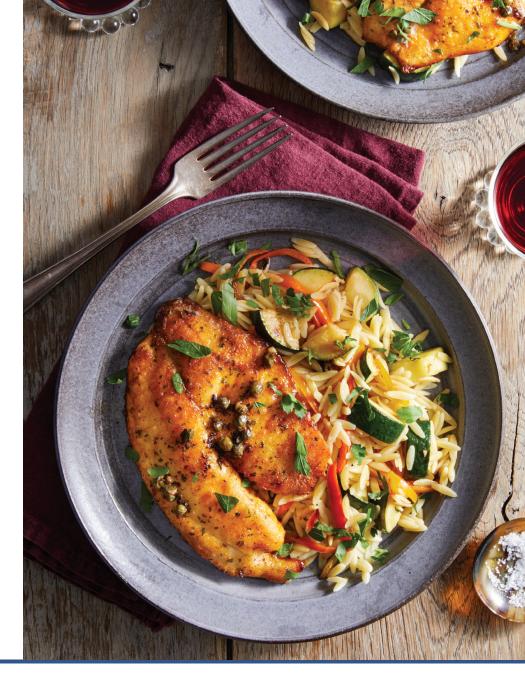


MATCH YOUR BLUE APRON WINE



Bold & Spicy

Serve a bottle with this symbol for a great pairing.



Ingredients



4 TILAPIA FILLETS



1 PINK LEMON



 $^{1\!/_{2}}$ lb orzo pasta



1 bunch PARSLEY



 $\begin{array}{c} 4 \ \mathrm{oz} \\ \text{SWEET PEPPERS} \end{array}$



2 Tbsps CRÈME FRAÎCHE



1 Tbsp CAPERS



2 Tbsps VERJUS BLANC



2 ZUCCHINI



2 Tbsps BUTTER



2 cloves GARLIC



1/3 cup TILAPIA SEASONING BLEND*

^{*} All-Purpose Flour, Dried Parsley, Ground Yellow Mustard, & Smoked Paprika

















1 Prepare the ingredients:

- ☐ Heat a medium pot of salted water to boiling on high.
- ☐ Wash and dry the fresh produce.
- Quarter the **zucchini** lengthwise, then cut crosswise into ½-inchthick pieces.
- ☐ Cut off and discard the stems of the **peppers**; remove and discard the cores, then thinly slice lengthwise. Peel and roughly chop the **garlic**.
- ☐ Halve the **lemon**; squeeze the juice into a bowl, straining out any seeds.
- ☐ Roughly chop the **parsley** leaves and stems.

2 Cook the pasta:

- ☐ Add the **pasta** to the pot of boiling water and cook 7 to 9 minutes, or until tender. Turn off the heat.
- ☐ Drain thoroughly and return to the pot.

3 Cook the vegetables & finish the pasta:

- ☐ While the pasta cooks, in a large pan (nonstick, if you have one), heat 2 teaspoons of olive oil on medium-high until hot. Add the zucchini pieces, sliced peppers, and chopped garlic; season with salt and pepper. Cook, stirring occasionally, 3 to 4 minutes, or until slightly softened. Turn off the heat.
- ☐ Transfer to the pot of **cooked pasta**. Add the **crème fraîche** and a drizzle of olive oil; stir to combine. Season with salt and pepper to taste. Cover to keep warm. Wipe out the pan.

4 Coat the fish:

- ☐ Pat the **fish** dry with paper towels; season with salt and pepper on both sides. Place the **seasoning blend** on a plate.
- Thoroughly coat the seasoned fish in the seasoning blend. Transfer to a separate plate (tapping off any excess coating).

5 Cook the fish & make the sauce:

- ☐ In the same pan, heat 2 teaspoons of olive oil on medium-high until hot. Add the **coated fish** and cook 3 to 4 minutes on the first side, or until lightly browned. Flip and cook 2 to 3 minutes, or until lightly browned.
- ☐ Add the capers, butter, verjus, and lemon juice (carefully, as the liquid may splatter). Cook, constantly spooning the sauce over the fish, 1 to 2 minutes, or until the fish is cooked through. Turn off the heat.

6 Serve your dish:

Serve the **cooked fish** with the **finished pasta**. Top the fish with the **sauce**. Garnish with the **chopped parsley**. Enjoy!