

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 family-friendly medley of orzo and sautéed veggies.



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Bold & Spicy

Serve a bottle with this symbol for a great pairing.



Ingredients



4
TILAPIA FILLETS



1
PINK LEMON



½ lb
ORZO PASTA



1 bunch
PARSLEY



4 oz
SWEET PEPPERS



2 Tbsps
CRÈME FRAÎCHE



1 Tbsp
CAPERS



2 Tbsps
VERJUS BLANC



2
ZUCCHINI



2 Tbsps
BUTTER



2 cloves
GARLIC



⅓ cup
TILAPIA
SEASONING
BLEND*

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



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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 1/2-inch-thick 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!