

# Spicy Maple Glazed Tilapia

with Fig & Roasted Vegetable Rice

2 SERVINGS

⌚ 30-40 MINS

 **Blue Apron**  
blueapron.com





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

## Ingredients

Customized ingredients

 2 Tilapia Fillets 

SWAPPED FOR:

 10 oz Tail-On Shrimp<sup>1</sup> 

 2 Dried Turkish Figs

 2 tps Gochujang


 ½ cup Brown Rice


 4 oz Sweet Peppers

 1 tsp Black & White Sesame Seeds

 1 Tbsp Apple Cider Vinegar

 6 oz Green Beans

 3 oz Radishes

 1 ½ Tbsps Maple Syrup

 1 Tbsp Southern Spice Blend<sup>2</sup>

 Serve with Blue Apron wine that has this symbol [blueapron.com/wine](https://blueapron.com/wine)



14 13 8

SmartPoints® value per serving (as packaged)

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



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1. peeled & deveined 2. Onion Powder, Garlic Powder, Ground Yellow Mustard, Smoked Paprika & Cayenne Pepper  
\*Ingredients may be replaced and quantities may vary.



## 1 Prepare the ingredients & make the glaze

- 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.
- Wash and dry the fresh produce.
- Cut off and discard any stem ends from the **green beans**; halve crosswise.
- Quarter the **radishes** lengthwise.
- Cut off and discard the stems of the **peppers**; remove the cores, then medium dice.
- Roughly chop the **figs**; place in a bowl. Add the **vinegar**; stir to coat.
- In a separate bowl, combine the **maple syrup**, **2 tablespoons of water**, and **as much of the gochujang as you'd like**, depending on how spicy you'd like the dish to be. Whisk to combine.



## 2 Cook the rice

- Add the **rice** to the pot of boiling water and cook, uncovered, 17 to 19 minutes, or until tender. Turn off the heat.
- Drain thoroughly and return to the pot. Add a drizzle of **olive oil**; season with salt and pepper.



## 3 Roast the vegetables

- Meanwhile, place the **halved green beans**, **quartered radishes**, and **diced peppers** on a sheet pan; drizzle with **olive oil** and season with salt and pepper. Toss to coat. Arrange in an even layer.
- Roast 9 to 11 minutes, or until browned and tender when pierced with a fork.
- Remove from the oven.



## 4 Cook & glaze the tilapia

- Pat the **tilapia** dry with paper towels; season on both sides with salt, pepper, and enough of the **spice blend** to coat (you may have extra).
- In a medium pan (nonstick, if you have one), heat **2 teaspoons of olive oil** on medium-high until hot.
- Add the **seasoned tilapia**. 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 tilapia, 1 to 2 minutes, or until the tilapia is coated and cooked through.\*
- Turn off the heat.



### ↺ CUSTOMIZED STEP 4 If you chose Shrimp

- Pat the **shrimp** dry with paper towels (remove the tails, if desired). Place in a bowl. Season with salt, pepper, and enough of the **spice blend** to coat (you may have extra). Stir to coat.
- In a medium pan (nonstick, if you have one), heat **2 teaspoons of olive oil** on medium-high until hot.
- Add the **seasoned shrimp** in an even layer. Cook, without stirring, 2 to 3 minutes, or until slightly opaque.
- Add the **glaze** (carefully, as the liquid may splatter). Cook, stirring constantly, 1 to 2 minutes, or until the shrimp are coated, opaque, and cooked through.
- Turn off the heat.

## 5 Finish the rice & serve your dish

- To the pot of **cooked rice**, add the **roasted vegetables** and **dressed figs** (including any liquid); stir to combine. Taste, then season with salt and pepper if desired.
- Serve the **finished rice** topped with the **glazed tilapia** (including any glaze from the pan). Garnish with the **sesame seeds**. Enjoy!



### ↺ CUSTOMIZED STEP 5 If you chose Shrimp

- Finish the rice and serve your dish as directed with the **glazed shrimp** (instead of tilapia).

\*The USDA recommends a minimum safe cooking temperature of 145°F for fish.