

# Honey-Lime Tilapia

with Bok Choy & White Rice

2 SERVINGS

⌚ 20-30 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> 🔄



1 tsp Black & White Sesame Seeds



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



½ cup Long Grain White Rice



2 cloves Garlic



2 Scallions



2 tsps Honey



10 oz Baby Bok Choy



1 Lime



1 Tbsp Sesame Oil



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



12 11 11

SmartPoints® value per serving  
(as packaged)



Scan this barcode in your WW app to track SmartPoints. 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.

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 Cook the rice

- Remove the **honey** from the refrigerator to bring to room temperature.
- In a small pot, combine the **rice**, a **big pinch of salt**, and **1 cup 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

- Meanwhile, wash and dry the fresh produce.
- Thinly slice the **scallions**, separating the white bottoms and hollow green tops.
- Peel and roughly chop **2 cloves of garlic**.
- Cut off and discard the root ends of the **bok choy**; thinly slice crosswise.
- Halve the **lime** crosswise; squeeze the juice into a medium bowl.



### 3 Cook the bok choy & finish the rice

- In a medium pan (nonstick, if you have one), heat **2 teaspoons of olive oil** on medium-high until hot.
- Add the **sliced white bottoms of the scallions** and **chopped garlic**. Cook, stirring constantly, 1 to 2 minutes, or until softened.
- Add the **sliced bok choy**; season with salt and pepper. Cook, stirring frequently, 2 to 3 minutes, or until softened.
- Transfer to the pot of **cooked rice**; stir to combine. Taste, then season with salt and pepper if desired. Cover to keep warm.
- Wipe out the pan.



### 4 Cook 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 the same pan, heat the **sesame oil** on medium-high until hot.
- Add the seasoned tilapia. Cook 3 to 4 minutes per side, or until browned 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 large bowl. Season with salt, pepper, and enough of the **spice blend** to coat (you may have extra); toss to coat.
- In the same pan, heat the **sesame oil** on medium-high until hot.
- Add the seasoned shrimp. Cook, stirring occasionally, 4 to 5 minutes, or until opaque and cooked through. Turn off the heat.

### 5 Make the sauce & serve your dish

- Meanwhile, to the bowl of **lime juice**, add the **honey** (kneading the packet before opening), **sliced green tops of the scallions**, and **sesame seeds**; season with salt and pepper. Stir to thoroughly combine.
- Serve the **finished rice** topped with the **cooked tilapia** and **sauce**. Enjoy!



#### ↩ CUSTOMIZED STEP 5 If you chose Shrimp

- Make the sauce and serve your dish as directed with the **cooked shrimp** (instead of tilapia).

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