

Mango-Curry Tilapia

with Mustard Seed Rice &
Sautéed Vegetables

4 SERVINGS

⌚ 25-35 MINS

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Ingredients

Customized ingredients


 4 Tilapia Fillets 

SWAPPED FOR:


 4 Boneless, Center-Cut Pork Chops 


 2 oz Butter

 1 ½ tps Brown & Yellow Mustard Seeds


 ¼ tsp Crushed Red Pepper Flakes

 1 cup Long Grain White Rice

 2 Bell Peppers

 ¼ cup Mango Chutney

 3 Tbsps Roasted Cashews

 ½ lb Sugar Snap Peas

 2 cloves Garlic

 1 Tbsp Verjus Blanc

 2 tps Vadouvan Curry Powder



Serve with Blue Apron wine that has this symbol
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*Ingredients may be replaced and quantities may vary.

1 Make the mustard seed rice

- In a medium pot, heat **2 teaspoons of olive oil** on medium-high until hot.
- Add the **mustard seeds** and **rice**. Cook, stirring frequently, 1 to 2 minutes, or until lightly toasted (be careful, as the mustard seeds may pop as they toast).
- Add a **big pinch of salt** and **2 cups of water** (carefully, as the liquid may splatter); stir to combine. 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. Cover to keep warm.



2 Prepare the ingredients & start the sauce

- Meanwhile, wash and dry the fresh produce.
- Pull off and discard the tough string that runs the length of each **snap pea** pod.
- Cut off and discard the stems of the **peppers**. Halve lengthwise; remove the ribs and seeds, then thinly slice crosswise.
- Peel and roughly chop **2 cloves of garlic**.
- Roughly chop the **cashews**.
- In a bowl, combine the **mango chutney**, **¼ cup of water**, and **as much of the red pepper flakes as you'd like**, depending on how spicy you'd like the dish to be.



3 Cook the vegetables

- In a large pan (nonstick, if you have one), heat **2 teaspoons of olive oil** on medium-high until hot.
- Add the **prepared peas** and **sliced peppers** in an even layer. Cook, without stirring, 2 to 3 minutes, or until lightly browned.
- Add the **chopped garlic**; season with salt and pepper. Cook, stirring occasionally, 1 to 2 minutes, or until softened.
- Add the **verjus**. Cook, stirring frequently, 1 to 2 minutes, or until the vegetables are softened and the liquid has cooked off.
- Transfer to a bowl and cover with foil to keep warm.
- Rinse and wipe out the pan.



4 Cook the fish

- Pat the **fish** dry with paper towels. Season on both sides with salt, pepper, and the **curry powder**.
- 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.*
- Leaving any browned bits (or fond) in the pan, transfer to a plate.



↔ CUSTOMIZED STEP 4 If you chose Pork

- Pat the **pork** dry with paper towels. Season on both sides with salt, pepper, and the **curry powder**.
- In the same pan, heat **1 tablespoon of olive oil** on medium-high until hot.
- Add the seasoned pork. Cook 4 to 6 minutes per side for medium (the center may still be slightly pink), or until browned and cooked to your desired degree of doneness.*
- Leaving any browned bits (or fond) in the pan, transfer to a plate and let rest at least 5 minutes.

5 Finish the sauce & serve your dish

- To the pan of reserved fond, add the **sauce** (carefully, as the liquid may splatter). Cook, stirring frequently and scraping up any fond, 30 seconds to 1 minute, or until slightly thickened.
- Turn off the heat and stir in the **butter** until melted and combined. Taste, then season with salt and pepper if desired.
- Serve the **cooked fish** with the **mustard seed rice** and **cooked vegetables**. Top the fish with the **finished sauce**. Garnish with the **chopped cashews**. Enjoy!



↔ CUSTOMIZED STEP 5 If you chose Pork

- Finish the sauce and serve your dish as directed with the **cooked pork** (instead of fish).

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

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CONTAINS: SEE INGREDIENT PACKAGING FOR ALLERGEN(S).

Produced in a facility that processes crustacean shellfish, egg, fish, milk, peanuts, soy, tree nuts, and wheat.
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