

Teriyaki Tilapia

with Vegetables & Garlic-Ginger Rice

2 SERVINGS

⌚ 35-45 MINS

 **Blue Apron**

blueapron.com



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

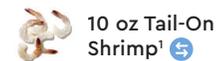
Ingredients

Customized ingredients



2 Tilapia Fillets 

SWAPPED FOR:



10 oz Tail-On Shrimp¹ 



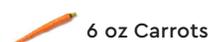
1 Tbsp Mirin²



1 Tbsp Rice Vinegar



1/2 cup Long Grain White Rice



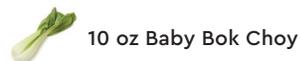
6 oz Carrots



1 piece Ginger



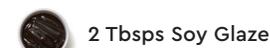
1 Tbsp Sesame Oil



10 oz Baby Bok Choy



2 cloves Garlic



2 Tbsps Soy Glaze



1 tsp Furikake



Serve with Blue Apron wine that has this symbol 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.

To learn more about WW and SmartPoints visit www.ww.com. The WW logo, SmartPoints and myWW are the trademarks of WW International, Inc. and are used under license by Blue Apron, LLC.

1. peeled & deveined 2. salted cooking wine
*Ingredients may be replaced and quantities may vary.

Hey, Chef! Try these WW pro-tips: Skip adding salt during prep and cooking, and see nutrition info for sodium as packaged. **Counting SmartPoints?** Choose nonstick cooking spray (0 SmartPoints) instead of olive oil (1 SmartPoint per teaspoon) to coat your pan before heating.

1 Make the garlic-ginger rice

- Peel and roughly chop **2 cloves of garlic**.
- Peel the **ginger**; finely chop to get 1 teaspoon (you may have extra).
- In a medium pot, heat **2 teaspoons of olive oil** on medium-high until hot.
- Add the **chopped garlic** and **chopped ginger**; season with salt and pepper. Cook, stirring occasionally, 1 to 2 minutes, or until slightly softened.
- Add the **rice**, a **big pinch of salt**, and **1 cup 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.



2 Prepare the remaining ingredients & make the glaze

- Meanwhile, wash and dry the fresh produce.
- Peel the **carrots** and thinly slice on an angle.
- Cut off and discard the root ends of the **bok choy**; thinly slice crosswise, separating the stems and leaves.
- In a bowl, combine the **soy glaze**, **mirin**, and $\frac{1}{4}$ **cup of water**.



3 Cook the vegetables

- In a medium pan (nonstick, if you have one), heat **half the sesame oil** on medium-high until hot.
- Add the **sliced carrots**; season with salt and pepper. Cook, stirring occasionally, 3 to 4 minutes, or until lightly browned.



Step 3 continued:

- Add the **sliced bok choy stems**; season with salt and pepper. Cook, stirring occasionally, 2 to 3 minutes, or until slightly softened.
- Add the **sliced bok choy leaves** and **vinegar** (carefully, as the liquid may splatter). Cook, stirring constantly, 30 seconds to 1 minute, or until combined and the leaves are wilted.
- Transfer to a bowl; cover with foil to keep warm.
- Rinse and wipe out the pan.

4 Cook the tilapia & serve your dish

- Pat the **tilapia** dry with paper towels; season with salt and pepper on both sides.
- In the same pan, heat the **remaining sesame oil** on medium-high until hot.
- Add the **seasoned tilapia**. Cook 3 to 4 minutes, or until browned. Flip and cook 2 minutes.
- Add the **glaze** (carefully, as the liquid may splatter). Cook, frequently spooning the glaze over the tilapia, 1 to 2 minutes, or until the tilapia is coated and cooked through.* Turn off the heat.
- Serve the **cooked tilapia** (including any glaze from the pan) with the **cooked vegetables** and **garlic-ginger rice**. Garnish with the **furikake**. Enjoy!



4 CUSTOMIZED STEP 4 If you chose Shrimp

- Pat the **shrimp** dry with paper towels (remove the tails, if desired); season with salt and pepper.
- In the same pan, heat the **remaining sesame 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 frequently, 1 to 2 minutes, or until the shrimp are coated, opaque, and cooked through. Turn off the heat.
- Serve the **cooked shrimp** (including any glaze from the pan) with the **cooked vegetables** and **garlic-ginger rice**. Garnish with the **furikake**. Enjoy!

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

To view this recipe's full nutrition information, SEE FULL RECIPE in the current tab of your account at blueapron.com or in the Blue Apron app, then click on VIEW FULL NUTRITION.

Food safety handling information: blog.blueapron.com/foodsafety

CONTAINS: SEE INGREDIENT PACKAGING FOR ALLERGEN(S).

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

Blue Apron, LLC, New York, NY 10005

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