

# Lemon-Ginger Tilapia

with Vegetable Fregola Sarda Pasta


4 SERVINGS


⌚ 30-40 MINS

 **Blue Apron**  
blueapron.com




## Ingredients


 4 Tilapia Fillets


 ¾ lb Carrots

 1 Lemon

 1 ¾ cups Fregola Sarda Pasta

 2 cloves Garlic

 2 oz Butter

 1 Zucchini

 1 piece Ginger

 1 Tbsp Honey



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



13 12 12

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.

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## 1 Prepare the ingredients & start the sauce

- Remove the **honey** from the refrigerator to bring to room temperature.
- 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.
- Peel the **carrots** and thinly slice on an angle.
- Halve the **zucchini** lengthwise, then thinly slice crosswise.
- Peel and roughly chop **2 cloves of garlic**.
- Peel the **ginger**; finely chop to get 1 tablespoon (you may have extra).
- Halve the **lemon** crosswise; squeeze the juice into a bowl, straining out the seeds. Add the **honey** (kneading the packet before opening) and  $\frac{1}{4}$  cup of warm water. Whisk until thoroughly combined.



## 2 Cook the pasta

- Place the **pasta** in a strainer and thoroughly rinse under water to remove any excess starch.
- Add to the pot of boiling water. Cook, uncovered, 7 to 8 minutes, or until tender. Turn off the heat.
- Drain thoroughly and return to the pot. Add **half the butter**; stir until melted and combined.



## 3 Cook the vegetables & finish the pasta

- Meanwhile, in a large pan (nonstick, if you have one), heat **2 tablespoons of olive oil** on medium-high until hot.
- Add the **sliced carrots** and **sliced zucchini**; season with salt and pepper. Cook, stirring occasionally, 4 to 5 minutes, or until lightly browned and slightly softened.
- Add the **chopped garlic**; season with salt and pepper. Cook, stirring occasionally, 2 to 3 minutes, or until softened.
- Turn off the heat. Transfer to the pot of **cooked pasta**; stir to combine. Taste, then season with salt and pepper if desired. Cover to keep warm.
- Wipe out the pan.



## 4 Cook the fish

- Pat the **fish** dry with paper towels. Season with salt and pepper on both sides.
- In the same pan, heat **2 tablespoons of olive oil** on medium-high until hot.
- Add the seasoned fish. Cook 3 to 4 minutes per side, or until lightly browned and cooked through.\*
- Leaving any browned bits (or fond) in the pan, transfer to a plate.



## 5 Finish the sauce & serve your dish

- To the pan of reserved fond, add the **chopped ginger** (if the pan seems dry, add a drizzle of olive oil); season with salt and pepper. Cook on medium-high, stirring frequently, 30 seconds to 1 minute, or until slightly softened.
- Add the **sauce** (carefully, as the liquid may splatter) and **remaining butter**. Cook, stirring frequently and scraping up any fond, 30 seconds to 1 minute, or until thoroughly combined and the butter has melted.
- Turn off the heat. Taste, then season with salt and pepper if desired.
- Serve the **cooked fish** over the **finished pasta**. Top the fish with the **finished sauce**. Enjoy!



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