

Tilapia & Creamy Curry Sauce

with Sesame & Bok Choy Rice

2 OR 4 SERVINGS

⌚ 20-30 MINS

 **Blue Apron**
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Ingredients



2 Tilapia Fillets or
4 for 4 servings



1 Tbsp Sesame Oil



2 cloves Garlic



3 Tbsps Roasted
Peanuts or $\frac{1}{4}$ cup
for 4 servings



$\frac{1}{2}$ cup Long Grain
White Rice or 1 cup
for 4 servings



3 Tbsps Ranch
Dressing or $\frac{1}{4}$ cup
for 4 servings



$\frac{1}{4}$ cup Rice Flour



10 oz Baby Bok Choy
or 1 $\frac{1}{4}$ lbs for
4 servings



1 Tbsp Yellow Curry
Paste



2 tsps Vadouvan
Curry Powder



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1 Cook the rice

- In a small pot, combine the **rice**, a **big pinch of salt**, and **1 cup of water** or *use a medium pot and 2 cups of water if you're cooking 4 servings*. 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

- Meanwhile, wash and dry the **bok choy**; cut off and discard the root ends, then thinly slice.
- Peel and roughly chop **2 cloves of garlic**.
- Roughly chop the **peanuts**.



3 Cook the bok choy

- In a medium pan (nonstick, if you have one), heat **2 teaspoons of olive oil** on medium-high until hot or *use a large pan and 1 tablespoon of olive oil if you're cooking 4 servings*.
- Add the **sliced bok choy** and **chopped garlic**; season with salt and pepper. Cook, stirring frequently, 2 to 3 minutes, or until softened and the bok choy leaves are wilted.
- Transfer to a large bowl and cover with foil to keep warm.
- Wipe out the pan.



4 Coat & cook the fish

- Place the **flour** and **curry powder** on a large plate; season with salt and pepper. Stir to combine.
- Pat the **fish** dry with paper towels; season with salt and pepper on both sides.
- Working one piece at a time, thoroughly coat the **seasoned fish** in the **seasoned flour**.
- In the same pan, heat a thin layer of oil on medium-high.
- Once the oil is hot enough that a pinch of flour sizzles immediately when added, add the **coated fish** (tapping off any excess flour before adding). Cook 3 to 4 minutes per side, or until browned and cooked through.*
- Turn off the heat.



5 Make the sauce & serve your dish

- Meanwhile, in a bowl, combine the **ranch dressing**, **1 teaspoon of water** or *2 teaspoons if you're cooking 4 servings*, and **as much of the curry paste as you'd like**, depending on how spicy you'd like the dish to be.
- To the bowl of **cooked bok choy**, add the **cooked rice** and **sesame oil**; season with salt and pepper. Stir to combine.
- Serve the **finished bok choy rice** topped with the **cooked fish** and **sauce**. Garnish with the **chopped peanuts**. Enjoy!



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