# Curry-Glazed Tilapia & Rice
with Ginger Green Beans & Peppers

4 SERVINGS | 30–40 MINS

**Ingredients**

Customized ingredients

<table>
<thead>
<tr>
<th>Item</th>
<th>Quantity</th>
<th>Description</th>
</tr>
</thead>
<tbody>
<tr>
<td>4 Tbsp Sesame Oil</td>
<td>1 Tbsp</td>
<td></td>
</tr>
<tr>
<td>1/4 cup Rice Flour</td>
<td>1/4 cup</td>
<td></td>
</tr>
<tr>
<td>3 Tbsp Roasted Peanuts</td>
<td>3 Tbsp</td>
<td></td>
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<tr>
<td>1 cup Long Grain White Rice</td>
<td>1 cup</td>
<td></td>
</tr>
<tr>
<td>1/4 lb Green Beans</td>
<td>1/4 lb</td>
<td></td>
</tr>
<tr>
<td>1 Tbsp Yellow Curry Paste</td>
<td>1 Tbsp</td>
<td></td>
</tr>
<tr>
<td>2 Tbsp Honey</td>
<td>2 Tbsp</td>
<td></td>
</tr>
<tr>
<td>1 tsp Black &amp; White Sesame</td>
<td>1 tsp</td>
<td></td>
</tr>
<tr>
<td>2 Bell Peppers</td>
<td>2 Bell</td>
<td></td>
</tr>
<tr>
<td>1 piece Ginger</td>
<td>1 piece</td>
<td></td>
</tr>
<tr>
<td>2 Tbsp Soy Sauce</td>
<td>2 Tbsp</td>
<td></td>
</tr>
<tr>
<td>1/4 cup Crispy Onions</td>
<td>1/4 cup</td>
<td></td>
</tr>
</tbody>
</table>

*Ingredients may be replaced and quantities may vary.

**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.

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Serve with Blue Apron wine that has this symbol blueapron.com/wine

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1. peeled & deveined

*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 medium pot, combine the rice, a big pinch of salt, and 2 cups 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 & make the glaze
- Meanwhile, wash and dry the fresh produce.
- Peel the ginger; finely chop to get 1 tablespoon (you may have extra).
- Cut off and discard the stems of the peppers. Quarter lengthwise; remove the ribs and seeds, then cut crosswise into 1-inch strips.
- Cut off and discard any stem ends from the green beans.
- Roughly chop the peanuts; place in a bowl. Add the crispy onions and stir to combine.
- In a separate bowl, whisk together the honey (kneading the packet before opening), soy sauce, ¼ cup of warm water, and as much of the curry paste 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 the sesame oil on medium-high until hot.
- Add the chopped ginger, pepper strips, and green beans; season with salt and pepper. Cook, stirring frequently, 5 to 7 minutes, or until softened.
- Transfer to a bowl and stir in the sesame seeds. Cover with foil to keep warm.
- 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.
- Place the flour on a large plate.
- Working one piece at a time, thoroughly coat the seasoned tilapia in the flour.
- In the same pan, heat 2 tablespoons of olive oil on medium-high until hot.
- Add the coated tilapia (tapping off any excess flour before adding). Cook 3 to 4 minutes, or until browned. Flip and cook 2 to 3 minutes, or until lightly browned.
- Add the glaze (carefully, as the liquid may splatter). Cook, constantly 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 rice and cooked vegetables. Garnish the tilapia with the peanut-onion mixture. Enjoy!

5 CUSTOMIZED STEP 4 if you chose Shrimp
- Pat the shrimp dry with paper towels (remove the tails, if desired). Season with salt and pepper (you’ll omit the flour for shrimp).
- In the same pan, heat 2 tablespoons of olive 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 rice and cooked vegetables. Garnish the shrimp with the peanut-onion mixture. Enjoy!

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

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