

# Miso & Maple-Glazed Tilapia

with Barley, Bell Pepper & Mushrooms

2 SERVINGS

⌚ 30-40 MINS

 **Blue Apron**  
blueapron.com



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

## Ingredients

Customized ingredients


 2 Tilapia Fillets 


SWAPPED FOR:

 2 Skin-On Salmon Fillets 

 1 Bell Pepper


 1 Tbsp Sesame Oil

 ¼ tsp Crushed Red Pepper Flakes

 ½ cup Pearled Barley

 4 oz Mushrooms

 1 Tbsp Soy Sauce

 1 ½ Tbsps Maple Syrup

 1 Persian Cucumber

 2 cloves Garlic

 1 Tbsp Sweet White Miso Paste

 1 Tbsp Rice Vinegar



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



11 10 6

SmartPoints® value per serving (as packaged)

If you customized this recipe, your SmartPoints may differ from what's above.



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\*Ingredients may be replaced and quantities may vary.

Learn more at [blueapron.com/pages/wellness](https://blueapron.com/pages/wellness)



COOK ALONG WITH



"Alexa, find Blue Apron recipes."

### 1 Cook the barley

- Fill a medium pot  $\frac{3}{4}$  of the way up with salted water; cover and heat to boiling on high.
- Once boiling, add the **barley**. Cook, uncovered, 28 to 30 minutes, or until tender. Turn off the heat.
- Drain thoroughly and return to the pot.



### 2 Prepare the ingredients & make the glaze

- Meanwhile, wash and dry the fresh produce.
- Halve the **cucumber** lengthwise, then thinly slice crosswise. Place in a bowl; add **half the vinegar** and season with salt and pepper. Stir to combine.
- Cut the **mushrooms** into bite-sized pieces.
- Cut off and discard the stem of the **pepper**. Halve lengthwise; remove the ribs and seeds, then thinly slice lengthwise.
- Peel and roughly chop **2 cloves of garlic**.
- In a bowl, whisk together the **miso paste**, **maple syrup**, **remaining vinegar**, and **2 tablespoons 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 **mushroom pieces** in an even layer. Cook, without stirring, 3 to 4 minutes, or until browned.
- Add the **sliced pepper**, **chopped garlic**, and **as much of the red pepper flakes as you'd like**, depending on how spicy you'd like the dish to be; season with salt and pepper. Cook, stirring occasionally, 3 to 4 minutes, or until softened.



### Step 3 continued:

- Add the **soy sauce** (carefully, as the liquid may splatter). Cook, stirring frequently, 30 seconds to 1 minute, or until the liquid has cooked off.
- Transfer to a bowl; cover with foil to keep warm.
- Rinse and wipe out the pan.

### 4 Cook & glaze the fish

- Pat the **fish** 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 fish**. Cook 3 to 4 minutes, or until browned. Flip and cook 1 to 2 minutes, or until lightly browned.
- Add the **glaze** (carefully, as the liquid may splatter). Cook, constantly spooning the glaze over the fish, 1 to 2 minutes, or until the fish is coated and cooked through.\* Turn off the heat.



### ↺ CUSTOMIZED STEP 4 If you chose Salmon

- Pat the **fish** dry with paper towels; season with salt and pepper on both sides.
- In the same pan, heat the **remaining sesame oil** on medium until hot.
- Add the **seasoned fish**, skin side up. Loosely cover the pan with foil. Cook 3 to 5 minutes, or until lightly browned. Flip and cook 1 to 2 minutes, or until lightly browned.
- Add the **glaze** (carefully, as the liquid may splatter). Cook, constantly spooning the glaze over the fish, 1 to 2 minutes, or until the fish is coated and cooked through.\* Turn off the heat.

### 5 Finish the barley & serve your dish

- Add the **cooked vegetables** to the pot of **cooked barley**; stir to combine. Taste, then season with salt and pepper if desired.
- Serve the **finished barley** topped with the **glazed fish** (including any glaze from the pan). Garnish with the **dressed cucumber**. Enjoy!



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