

Curry-Glazed Tilapia & Rice

with Ginger Mushrooms & Peppers

4 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 for ingredients (denoted with an ) and instructions tailored to you.*

Ingredients

Customized ingredients


 4 Tilapia Fillets 

SWAPPED FOR:


 18 oz Tail-On Shrimp¹ 

 1 Tbsp Yellow Curry Paste

 2 Tbsps Honey


 3 Tbsps Roasted Peanuts

 1 cup Long Grain White Rice

 ½ lb Mushrooms

 2 Tbsps Soy Sauce


 ⅓ cup Crispy Onions


 1 tsp Black & White Sesame Seeds

 2 Bell Peppers

 1 piece Ginger

 1 Tbsp Sesame Oil

 ¼ cup Rice Flour

 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.



"Alexa, find Blue Apron recipes."

1 Cook the rice

- Remove the **honey** from the refrigerator to bring to room temperature.
- Carefully rinse the **rice** (sifting through for any small stones or impurities). Drain thoroughly.
- 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 the **mushrooms** into bite-sized pieces.
- 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 **mushroom pieces**; 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!



CUSTOMIZED STEP 4 If you chose Shrimp

- Pat the **shrimp** dry with paper towels; remove the tails. Season with salt and pepper (you'll omit the **rice 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.

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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