

F 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.*

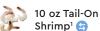
Ingredients

Customized ingredients































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"Alexa, find Blue Apron recipes."

Prepare the ingredients

- Remove the **honey** from the refrigerator to bring to room temperature.
- · Place an oven rack in the center of the oven; preheat to 450°F.
- Wash and dry the fresh produce.
- Thinly slice the scallions. separating the white bottoms and hollow green tops.

• Halve the lime; squeeze the juice into a bowl. Add the **honey** (kneading the packet before opening) and 1 tablespoon of olive oil; season with salt and pepper. Whisk to combine.

recipe was designed for easier cleanup no extra prep bowls needed!

• Cut off and discard the stem of the pepper. Halve lengthwise; remove the ribs and seeds, then medium dice. Thoroughly wash your hands immediately after handling.

2 Toast the pepitas

- In a small pot, heat 1 teaspoon of olive oil on medium-high until hot.
- Add the **pepitas**. Cook, stirring constantly, 1 to 3 minutes, or until toasted (be careful, as the pepitas may pop as they toast).
- · Transfer to a plate and immediately season with salt.
- Wipe out the pot.



3 Cook & finish the rice

- Carefully rinse the rice (sifting through for any small stones or impurities). Drain thoroughly.
- In the same pot, heat 1 teaspoon of olive oil on medium-high until hot.
- Add the sliced white bottoms of the scallions: season with salt and pepper. Cook, stirring frequently, 1 to 2 minutes, or until softened.
- Add the rice, a big pinch of salt, and 1 cup of water (carefully, as the liquid may splatter). 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. Stir in the toasted pepitas. Cover to keep warm.

4 Start the vegetables

- Meanwhile, place the tomatoes and diced pepper in a baking dish. Drizzle with olive oil and season with salt and pepper. Toss to coat; arrange in an even layer.
- Bake 5 to 6 minutes, or until slightly softened.
- · Leaving the oven on, remove from the oven.



Make the breadcrumb topping

- Meanwhile, melt the butter in a medium bowl in the microwave (or melt in a small pot, then transfer to a medium bowl).
- Add the breadcrumbs and half the spice blend: season with salt and pepper. Stir to combine.



6 Finish & serve your dish

- Pat the tilapia dry with paper towels; season on both sides with salt, pepper, and the remaining spice blend.
- Carefully place the seasoned tilapia on top of the partially roasted vegetables. Evenly top the tilapia with the breadcrumb topping.



- Bake 8 to 10 minutes, or until the breadcrumbs are browned and the tilapia is cooked through.* Remove from the oven.
- Serve the finished rice topped with the baked tilapia and vegetables and honey-lime sauce. Garnish with the sliced green tops of the scallions. Enjoy!

CUSTOMIZED STEP 6 If you chose Shrimp

- Meanwhile, pat the **shrimp** dry with paper towels; remove the tails. Place in a bowl. Season with salt, pepper, and the remaining spice blend. Stir to coat.
- Carefully place the seasoned shrimp on top of the partially baked vegetables. Evenly top the shrimp with the breadcrumb topping.
- Bake 9 to 11 minutes, or until the breadcrumbs are toasted and the shrimp are opaque and cooked through. Remove from the oven.
- Serve the finished rice topped with the baked shrimp and vegetables and honey-lime sauce. Garnish with the sliced green tops of the scallions. Enjoy!

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



