

Baked Honey-Lime Tilapia

with Poblano, Tomatoes & Rice

2 SERVINGS

25-35 MINS

 **Blue Apron**
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Ingredients

Customized ingredients

 2 Tilapia Fillets 

SWAPPED FOR:

 10 oz Tail-On Shrimp¹ 

 4 oz Grape Tomatoes

 1 Tbsp Honey

 ¼ cup Panko Breadcrumbs

 1 Poblano Pepper

 1 Lime


 2 Tbsps Raw Pepitas

 ½ cup Long Grain White Rice

 2 Scallions

 1 oz Butter

 1 Tbsp Mexican Spice Blend²

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

Cook along on the app



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¹ peeled & deveined ² Ancho Chile Powder, Smoked Paprika, Garlic Powder, Ground Cumin & Dried Mexican Oregano
*Ingredients may be replaced and quantities may vary.



"Alexa, find Blue Apron recipes."

1 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.
- 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.



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

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.



5 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.

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.

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