

Lemon-Caper Tilapia

with Orzo, Zucchini & 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 Capers

 2 oz Butter

 ½ lb Orzo Pasta


 2 Bell Peppers


 1 Lemon

 1 Tbsp Verjus Blanc

 2 Zucchini

 2 cloves Garlic

 1 bunch Parsley

 1 Tbsp Weeknight Hero Spice Blend²



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

Cook along on the app



The Blue Apron app doesn't just help you manage and track your weekly deliveries—it's also a hub for cooking inspiration! Browse our thousands of recipes, watch how-to videos, and cook along to your weekly recipes with step-by-step directions tailored to your meal's preferences. Download it from the App Store or Google Play today.

¹ peeled & deveined ² Onion Powder, Garlic Powder, Smoked Paprika & Whole Dried Parsley
*Ingredients may be replaced and quantities may vary.



"Alexa, find Blue Apron recipes."

1 Prepare the ingredients

- Fill a medium pot $\frac{3}{4}$ of the way up with salted water; cover and heat to boiling on high.
- Wash and dry the fresh produce.
- Quarter the **zucchini** lengthwise, then cut crosswise into $\frac{1}{2}$ -inch pieces.
- Cut off and discard the stems of the **peppers**. Halve lengthwise; remove the ribs and seeds, then thinly slice crosswise.
- Peel and roughly chop **2 cloves of garlic**.
- Halve the **lemon** crosswise; squeeze the juice into a bowl, straining out the seeds.
- Roughly chop the **parsley** leaves and stems.



2 Cook the pasta

- Add the **pasta** to the pot of boiling water. Cook, uncovered, 7 to 9 minutes, or until tender. Turn off the heat.
- Drain thoroughly and return to the pot.



3 Cook the vegetables & finish the pasta

- Meanwhile, in a large pan (nonstick, if you have one), heat **2 teaspoons of olive oil** on medium-high until hot.
- Add the **zucchini pieces** in an even layer. Cook, without stirring, 2 to 3 minutes, or until lightly browned.
- Add the **sliced peppers** and **chopped garlic**; season with salt and pepper. Cook, stirring occasionally, 2 to 3 minutes, or until slightly softened.



Step 3 continued:

- Add the **verjus** (carefully, as the liquid may splatter). Cook, stirring constantly, 30 seconds to 1 minute, or until the liquid has cooked off. Turn off the heat.
- Transfer to the pot of **cooked pasta**. Add **half the butter** and a drizzle of **olive oil**; stir to thoroughly combine. Taste, then season with salt and pepper if desired. Cover to keep warm.
- Wipe out the pan.

4 Cook the tilapia & serve your dish

- Pat the **tilapia** dry with paper towels; season on both sides with salt, pepper, and the **spice blend**.
- In the same pan, heat **2 teaspoons of olive oil** on medium-high until hot.
- Add the **seasoned tilapia**. Cook 3 to 4 minutes, or until browned (if the pan seems dry, add a drizzle of olive oil before flipping). Flip and cook 2 to 3 minutes, or until lightly browned.
- Add the **remaining butter**, **capers**, and **lemon juice** (carefully, as the liquid may splatter). Cook, constantly spooning the sauce over the tilapia, 1 to 2 minutes, or until coated and cooked through.* Turn off the heat.
- Serve the **cooked tilapia and sauce** over the **finished pasta**. Garnish with the **chopped parsley**. Enjoy!



CUSTOMIZED STEP 4 If you chose Shrimp

- Pat the **shrimp** dry with paper towels (remove the tails, if desired). Place in a large bowl. Season with salt, pepper, and the **spice blend**. Stir to coat.
- In the same pan, heat **2 teaspoons of olive oil** on medium-high until hot.
- Add the **seasoned shrimp** in an even layer and cook, without stirring, 2 to 3 minutes, or until slightly opaque.
- Add the **remaining butter**, **capers**, and **lemon juice** (carefully, as the liquid may splatter). Cook, stirring frequently, 1 to 2 minutes, or until coated, opaque, and cooked through. Turn off the heat.
- Serve the **cooked shrimp and sauce** over the **finished pasta**. Garnish with the **chopped parsley**. 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

Share your photos with #blueapron

