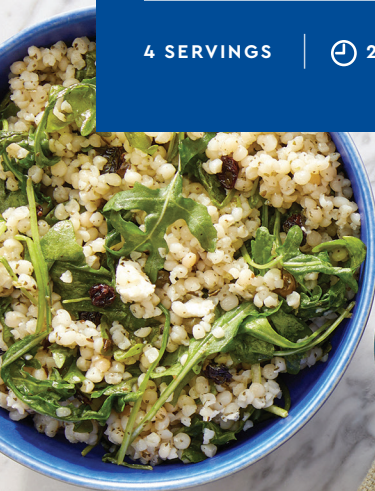


Baked Tilapia & Za'atar Breadcrumbs


with Israeli Couscous

4 SERVINGS | 25-35 MINS

 **Blue Apron**
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Ingredients

Customized ingredients

 4 Tilapia Fillets 

SWAPPED FOR:


 18 oz Tail-On Shrimp¹ 

 4 oz Arugula


 1 oz Salted Butter


 1/3 cup Salsa Verde

 1 cup Pearl Couscous

 1/2 lb Grape Tomatoes

 2 Tbsps Dried Currants


 1/4 cup Labneh Cheese

 1 1/4 cups Panko Breadcrumbs

 2 Bell Peppers

 2 cloves Garlic

 3 oz Feta Cheese

 1 tsp Preserved Lemon Purée

 1 Tbsp Za'atar Seasoning²

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¹ peeled & deveined ² Ground Sumac, Sesame Seeds, Salt, Ground Thyme, Whole Dried Oregano & Crushed Aleppo Pepper
*Ingredients may be replaced and quantities may vary.



"Alexa, find Blue Apron recipes."

1 Prepare the ingredients

- Place an oven rack in the center of the oven; preheat to 450°F.
- 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.
- Cut off and discard the stems of the **peppers**. Halve lengthwise; remove the ribs and seeds, then large dice.
- In a bowl, combine the **labneh**, **lemon purée**, and **1 tablespoon of water**. Taste, then season with salt and pepper if desired.



2 Start the vegetables

- Place the **tomatoes** and **diced peppers** in a baking dish. Drizzle with **olive oil** and season with salt and pepper. Toss to coat and arrange in an even layer.
- Bake 8 to 10 minutes, or until slightly softened.
- Leaving the oven on, remove from the oven.



3 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).
- Peel and roughly chop **2 cloves of garlic**.
- To the bowl of **melted butter**, add the **chopped garlic**, **breadcrumbs**, and **za'atar**; season with salt and pepper. Stir to combine.



4 Bake the tilapia & vegetables

- Pat the **tilapia** dry with paper towels; season with salt and pepper on both sides.
- Carefully place the **seasoned tilapia** on top of the **partially baked vegetables**.
- Evenly top 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.



5 CUSTOMIZED STEP 4 If you chose Shrimp

- Pat the **shrimp** dry with paper towels (remove the tails, if desired); season with salt and pepper.
- Carefully place the **seasoned shrimp** on top of the **partially baked vegetables**.
- Evenly top with the **breadcrumb topping**.
- Bake 9 to 11 minutes, or until the breadcrumbs are browned and the shrimp are opaque and cooked through.
- Remove from the oven.

5 Cook the couscous

- Meanwhile, add the **couscous** to the pot of boiling water. Cook 5 to 7 minutes, or until tender. Turn off the heat.
- Drain thoroughly and return to the pot.



6 Finish the couscous & serve your dish

- To the pot of **cooked couscous**, add the **salsa verde**, **currants**, **arugula**, and **feta** (crumbling before adding). Stir to combine.
- Taste, then season with salt and pepper if desired.
- Serve the **baked tilapia and vegetables** topped with the **lemon labneh**. Serve the **finished couscous** on the side. Enjoy!



5 CUSTOMIZED STEP 6 If you chose Shrimp

- Finish the couscous and serve your dish as directed with the **baked shrimp and vegetables** (instead of tilapia).

*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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