

Togarashi Tilapia & Brown Rice

with Marinated Cucumbers & Sweet Peppers

2 SERVINGS

25-35 MINS



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  icon) and instructions tailored to you.*

Ingredients

Customized ingredients

 2 Tilapia Fillets 

SWAPPED FOR:

 2 Skin-On Salmon Fillets 

 2 Tbsps Mayonnaise

 1 Tbsp Sesame Oil

 ½ cup Brown Rice

 4 oz Sweet Peppers

 1 Tbsp Rice Vinegar

 1 Tbsp Togarashi Seasoning¹

 2 Persian Cucumbers

 1 Tbsp Vegetarian Ponzu Sauce

 1 Tbsp Mirin²



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



7-15

PersonalPoints™ range per serving

Now your Points value is personalized to YOU! It could be between 7-15 Points. Scan the barcode to see yours!



Scan this barcode in your WW app to track PersonalPoints. Wine is not included in PersonalPoints as packaged. Skip adding salt during prep and cooking, and see nutrition info for sodium as packaged. Choose nonstick cooking spray (0 PersonalPoints) instead of olive oil (1 PersonalPoint per teaspoon) to coat your pan before heating.

If you customized this recipe, your PersonalPoints may differ from what's above.

To learn more about the (NEW!) WW PersonalPoints™ program, visit ww.com. The WW logo, PersonalPoints and myWW are the trademarks of WW International, Inc. and are used under license by Blue Apron, LLC.

1. Sweet Paprika, Hot Paprika, Dried Orange Peel, Poppy Seeds, White Sesame Seeds & Black Sesame Seeds 2. salted cooking wine
*Ingredients may be replaced and quantities may vary.

Learn more at blueapron.com/pages/wellness

Hey, Chef! Try these WW pro-tips: Skip adding salt during prep and cooking, and see nutrition info for sodium as packaged. **Counting PersonalPoints?** Choose nonstick cooking spray (0 PersonalPoints) instead of olive oil (1 PersonalPoint per teaspoon) to coat your pan before heating. To learn more about WW's Points program, visit ww.com.

COOK ALONG WITH



"Alexa, find Blue Apron recipes."

1 Prepare the ingredients

- Wash and dry the fresh produce.
- Medium dice the **cucumbers**.
- Cut off and discard the stems of the **peppers**; remove the cores, then medium dice.
- In a large bowl, combine the **diced cucumbers** and **diced peppers**.
- In a separate bowl, whisk together the **mayonnaise** and **ponzu sauce**. Taste, then season with salt and pepper if desired.



2 Cook & finish the rice

- In a medium pot, combine the **rice**, a **big pinch of salt**, and **1 cup of water**. Heat to boiling on high.
- Once boiling, reduce the heat to low. Cover and cook, without stirring, 23 to 35 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 **mirin** until combined.



3 Marinate the vegetables

- Meanwhile, in a bowl, whisk together the **vinegar** and **sesame oil** until combined.
- Add to the bowl of **diced cucumbers and peppers**; season with salt and pepper. Stir to coat. Set aside to marinate, stirring occasionally, at least 10 minutes. Taste, then season with salt and pepper if desired.



4 Cook the fish & serve your dish

- Meanwhile, pat the **fish** dry with paper towels. Season on both sides with salt, pepper, and **all but a pinch of the togarashi**.
- In a large pan (nonstick, if you have one), heat a drizzle of **olive oil** on medium-high until hot.
- Add the **seasoned fish**. Cook 3 to 4 minutes per side, or until browned and cooked through.* Turn off the heat.
- Serve the **finished rice** topped with the **cooked fish**, **marinated vegetables**, and **ponzu mayo**. Garnish with the **remaining togarashi**. Enjoy!



↻ CUSTOMIZED STEP 4 *If you chose Salmon*

- Meanwhile, pat the **fish** dry with paper towels. Season with salt and pepper on both sides. Season only on the skinless side with **all but a pinch of the togarashi**.
- In a large pan (nonstick, if you have one), heat a drizzle of **olive oil** on medium-high until hot.
- Add the **seasoned fish**, skin side down. Cook 5 to 7 minutes, or until the skin is browned and crispy.
- Flip and cook 1 to 2 minutes, or until lightly browned and cooked through.* Turn off the heat.
- Serve the **finished rice** topped with the **cooked fish**, **marinated vegetables**, and **ponzu mayo**. Garnish with the **remaining togarashi**. 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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