





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







18 oz Tail-On Shrimp¹ 🔄



1/4 cup Grated Romano Cheese



1 Tbsp Weeknight Hero Spice Blend²



1 ¼ cups Fregola Sarda Pasta



2 cloves Garlic



2 Tbsps Mascarpone Cheese



1/4 cup Panko Breadcrumbs



¾ lb Kale



1 Lemon



½ cup Cream



1/4 tsp Crushed Red Pepper Flakes



Cook along on the app

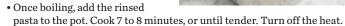
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"Alexa, find Blue Apron recipes."

1 Cook the pasta

- Place an oven rack in the center of the oven; preheat to 450°F.
- Fill a medium pot 3/4 of the way up with salted water; cover and heat to boiling on high.
- Place the pasta in a strainer. Thoroughly rinse under water to remove any excess starch.



• Drain thoroughly.

2 Prepare the ingredients

- · Meanwhile, wash and dry the fresh produce.
- Separate the kale leaves from the stems; discard the stems, then roughly chop the leaves.
- Peel 2 cloves of garlic; using a zester or the small side of a box grater, finely grate into a paste.
- Using a zester or the small side of a box grater, finely grate the lemon to get 2 teaspoons. Quarter and deseed the lemon.
- In a large bowl, combine the garlic paste and lemon zest.



- In a large pan (nonstick, if you have one), heat a drizzle of olive oil on medium-high until hot.
- Add the chopped kale; season with salt and pepper. Cook, stirring occasionally, 3 to 4 minutes, or until slightly wilted.
- Add 1/2 cup of water (carefully, as the liquid may splatter). Cook, stirring occasionally, 3 to 4 minutes, or until the kale is wilted and the water has cooked off. Turn off the heat.



• To the bowl of prepared garlic and lemon zest, add the mascarpone, cream, romano, the juice of 2 lemon wedges, 2 tablespoons of olive oil, and as much of the red pepper flakes as you'd like, depending on how spicy you'd like the dish to be. Whisk to thoroughly combine.



Step 4 continued:

- Add the **cooked pasta** and **cooked kale**; season with salt and pepper. Stir to thoroughly combine.
- Transfer to a baking dish (making sure the kale is evenly distributed).

5 Prepare the tilapia

- Pat the tilapia dry with paper towels; season on both sides with salt, pepper, and the spice blend.
- Place the seasoned tilapia on top of the dressed pasta and kale.
- · Cover the baking dish with foil.



CUSTOMIZED STEP 5 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.
- Place the seasoned shrimp on top of the dressed pasta and kale.
- Evenly top with the **breadcrumbs**. Drizzle with **olive oil**; season with salt and pepper.

6 Bake & serve your dish

- Bake the prepared tilapia and pasta 7 minutes.
- · Leaving the oven on, remove from the oven. Carefully remove the foil.
- Evenly top with the breadcrumbs. Drizzle with olive oil; season with salt and pepper.



- Return to the oven and bake 8 to 10 minutes, or until the breadcrumbs are lightly browned and the tilapia is cooked through.*
- Remove from the oven. Let stand at least 2 minutes before serving.
- Serve the baked tilapia and pasta topped with the juice of the remaining lemon wedges. Enjoy!

CUSTOMIZED STEP 6 If you chose Shrimp

- Bake the **prepared shrimp and pasta** 8 to 11 minutes, or until the breadcrumbs are lightly browned and the shrimp are opaque and cooked through.
- Remove from the oven. Let stand at least 2 minutes before serving.
- Serve the baked shrimp and pasta topped with the juice of the remaining lemon wedges. 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