

Baked Tilapia & Creamy Kale

with Fregola Sarda Pasta

4 SERVINGS

⌚ 35-45 MINS

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 **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 

 ¼ cup Grated Romano Cheese

 1 Tbsp Weeknight Hero Spice Blend²

 1 ¾ cups Fregola Sarda Pasta


 2 cloves Garlic

 2 Tbsps Mascarpone Cheese

 ¾ cup Panko Breadcrumbs

 ¾ lb Kale

 1 Lemon

 ½ cup Cream

 ¼ tsp Crushed Red Pepper Flakes



Serve with Blue Apron wine that has this symbol
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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 Cook the pasta

- 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.
- Place the **pasta** in a strainer. Thoroughly rinse under water to remove any excess starch.
- Once boiling, add the rinsed pasta to the pot. Cook 7 to 8 minutes, or until tender. Turn off the heat.
- 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**.



3 Cook the kale

- 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 $\frac{1}{2}$ **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.



4 Dress the pasta & kale

- 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 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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