

Salsa Verde Tilapia

with Spinach, Tomatoes & Orzo Pasta

4 SERVINGS

15-25 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:

 4 Skin-On Salmon Fillets 

 1/3 cup Salsa Verde

 1/4 tsp Crushed Red Pepper Flakes

 1/2 lb Orzo Pasta

 1/2 lb Grape Tomatoes

 1/4 cup Rice Flour

 5 oz Baby Spinach

 2 Tbsps Crème Fraîche

 1 Tbsp Weeknight Hero Spice Blend¹

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

 **11 - 12** PersonalPoints[®] range per serving

Now your Points value is personalized to YOU! It could be between 11-12 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. Onion Powder, Garlic Powder, Smoked Paprika & Whole Dried Parsley
*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 tomatoes

- 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.
- Halve the **tomatoes**; place in a bowl and season with salt and pepper. Stir to coat.



2 Cook the pasta

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



3 Coat & cook the fish

- Meanwhile, on a large plate, combine the **flour** and **spice blend**. Season with salt and pepper.
- Pat the **fish** dry with paper towels; season with salt and pepper on both sides.
- Thoroughly coat the **seasoned fish** in the **seasoned flour** (tapping off any excess flour).
- In a large pan (nonstick, if you have one), heat a drizzle of **olive oil** on medium-high until hot.
- Add the coated fish. Cook 3 to 4 minutes per side, or until browned and cooked through.*
- Transfer to a plate.
- Wipe out the pan.



4 CUSTOMIZED STEP 3 If you chose Salmon

- Meanwhile, pat the **fish** dry with paper towels; season on both sides with salt and pepper. Season only on the skinless side with the **spice blend** (you'll omit the **flour** for salmon).
- 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.*
- Transfer to a plate.
- Wipe out the pan.

4 Cook the vegetables

- In the same pan, heat a drizzle of **olive oil** on medium-high until hot.
- Add the **seasoned tomatoes** and **as much of the red pepper flakes as you'd like**, depending on how spicy you'd like the dish to be. Cook, stirring occasionally, 2 to 3 minutes, or until slightly softened.
- Add the **spinach**. Cook, stirring frequently, 30 seconds to 1 minute, or until slightly wilted. Turn off the heat.



5 Finish the pasta & serve your dish

- To the pot of **cooked pasta**, add the **crème fraîche**, **cooked vegetables**, **half the salsa verde**, and a drizzle of **olive oil**; stir to thoroughly combine.
- Taste, then season with salt and pepper if desired.
- Serve the **finished pasta** topped with the **cooked fish** and **remaining salsa verde**. 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

[f](#) [t](#) [@](#) Share your photos with #blueapron



022122, FPF/FR08