

F 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 😉

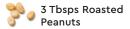














½ cup Long Grain White Rice



6 oz Green Beans



1 Tbsp Soy Sauce



1 Tbsp Honey



1 tsp Black & White Sesame Seeds



1 Bell Pepper



1 piece Ginger



1 Tbsp Sesame Oil



¼ cup Rice Flour



### Cook along on the app

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#### "Alexa, find Blue Apron recipes."

### Cook the rice

- Remove the **honey** from the refrigerator to bring to room temperature.
- Carefully rinse the rice (sifting through for any impurities). Drain thoroughly.
- In a medium pot, combine the rice, a big pinch of salt, and 1 cup of water. Heat to boiling



- Once boiling, reduce the heat to low. Cover and cook, without stirring, 13 to 15 minutes, or until the water has been absorbed and the rice is tender.
- Turn off the heat and fluff with a fork.

### 2 Prepare the ingredients & make the glaze

- · Meanwhile, wash and dry the fresh produce.
- Peel the ginger; finely chop to get 2 teaspoons (you may have
- Cut off and discard the stem of the pepper. Quarter lengthwise; remove the ribs and seeds, then cut crosswise into 1-inch pieces.



- Cut off and discard any stem ends from the green beans.
- Roughly chop the peanuts; place in a bowl. Add the crispy onions and stir to combine.
- In a separate bowl, whisk together the **honey** (kneading the packet before opening), soy sauce, 1/4 cup of warm water, and as much of the curry paste as you'd like, depending on how spicy you'd like the dish to be.

## 3 Cook the vegetables

- In a large pan (nonstick, if you have one), heat the sesame oil on medium-high until hot.
- Add the chopped ginger, pepper pieces, and green beans; season with salt and pepper. Cook, stirring frequently, 5 to 7 minutes, or until softened.
- Transfer to a bowl and stir in the sesame seeds. Cover with foil to keep warm.
- · Wipe out the pan.

# 4 Cook the fish & serve your dish

- Pat the **fish** dry with paper towels; season with salt and pepper on both sides.
- Place the **flour** on a large plate.
- Working one piece at a time, thoroughly coat the seasoned fish in the flour.
- In the same pan, heat a drizzle of olive oil on medium-high until hot.



- Add the coated fish (tapping off any excess flour before adding). Cook 3 to 4 minutes, or until browned. Flip and cook 2 to 3 minutes, or until lightly browned.
- Add the glaze (carefully, as the liquid may splatter). Cook, constantly spooning the glaze over the fish, 1 to 2 minutes, or until the fish is coated and cooked through.\* Turn off the heat.
- Serve the cooked fish (including any glaze from the pan) with the cooked rice and cooked vegetables. Garnish the fish with the peanut-onion mixture. Enjoy!

## **CUSTOMIZED STEP 4** If you chose Salmon

- Pat the **fish** dry with paper towels; season with salt and pepper on both sides (you'll omit the **flour** for salmon).
- In the same pan, heat a drizzle of **olive oil** on medium until hot.
- Add the **seasoned fish**, skin side up. Loosely cover the pan with foil. Cook 3 to 5 minutes on the first side, or until lightly browned. Flip and cook 1 to 2 minutes, or until lightly browned.
- Add the glaze (carefully, as the liquid may splatter). Cook, constantly spooning the glaze over the fish, 1 to 2 minutes, or until the fish is coated and cooked through.\* Turn off the heat.
- Serve the cooked fish (including any glaze from the pan) with the cooked rice and cooked vegetables. Garnish the fish with the peanut-onion mixture. Enjoy!

\*The USDA recommends a minimum safe cooking temperature of 145°F for fish



