

# Chipotle-Fig Glazed Tilapia & Barley

with Mushrooms, Bell Pepper & Pepitas

2 SERVINGS

⌚ 35-45 MINS

 **Blue Apron**  
blueapron.com





 IF YOU CHOSE A CUSTOMIZED OPTION, visit the Current tab in the Blue Apron app or at [blueapron.com](https://blueapron.com) for ingredients (denoted with an ) and instructions tailored to you.\*

## Ingredients


Customized ingredients


 2 Tilapia Fillets 


SWAPPED FOR:

 10 oz Tail-On Shrimp<sup>1</sup> 

 2 cloves Garlic


 ½ cup Plain Nonfat Greek Yogurt

 1 Tbsp Spanish Spice Blend<sup>2</sup>

 ½ cup Pearled Barley


 1 Bell Pepper


 1 Tbsp Fig Spread

 1 oz Salted Butter

 4 oz Mushrooms

 1 Yellow or Red Onion

 2 tsps Chipotle Chile Paste

 2 Tbsps Raw Pepitas

 Serve with Blue Apron wine that has this symbol [blueapron.com/wine](https://blueapron.com/wine)

 **12 - 14** PersonalPoints™ range per serving

Now your Points value is personalized to YOU! It could be between 12-14 Points. Scan the barcode to see yours!

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

   
STANDARD RECIPE CUSTOMIZED

Scan these barcodes in your WW app to track PersonalPoints. Wine is not included in PersonalPoints calculations.

To learn more about the (NEW!) WW PersonalPoints™ program, visit [www.ww.com](https://www.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. peeled & deveined 2. Smoked Paprika, Ground Cumin, Ground Coriander, Dried Mexican Oregano, Cayenne Pepper & Ground Cinnamon  
\*Ingredients may be replaced and quantities may vary.

Learn more at [blueapron.com/pages/wellness](https://blueapron.com/pages/wellness)



COOK ALONG WITH



"Alexa, find Blue Apron recipes."

### 1 Cook the barley

- Fill a medium pot  $\frac{3}{4}$  of the way up with salted water; cover and heat to boiling on high.
- Once boiling, add the **barley** and cook, uncovered, 28 to 30 minutes, or until tender. Turn off the heat.
- Drain thoroughly.



### 2 Prepare the ingredients & start the glaze

- Meanwhile, wash and dry the fresh produce.
- Cut the **mushrooms** into bite-sized pieces.
- Halve, peel, and medium dice the **onion**.
- Cut off and discard the stem of the **pepper**. Halve lengthwise; remove the ribs and seeds, then medium dice.
- Peel and roughly chop **2 cloves of garlic**.
- In a bowl, whisk together the **fig spread**,  $\frac{1}{4}$  cup of water, and as much of the **chile paste** as you'd like, depending on how spicy you'd like the dish to be.



### 3 Cook the vegetables

- Meanwhile, in a large pan (nonstick, if you have one), heat a drizzle of **olive oil** on medium-high until hot.
- Add the **mushroom pieces** in an even layer. Cook, without stirring, 2 to 3 minutes, or until lightly browned and slightly softened.
- Add the **diced onion, diced pepper, and chopped garlic**; season with salt and pepper. Cook, stirring occasionally, 3 to 4 minutes, or until softened.
- Transfer to a large bowl; taste, then season with salt and pepper if desired. Cover with foil to keep warm.
- Wipe out the pan.



### 4 Cook the tilapia

- Pat the **tilapia** dry with paper towels. Season on both sides with salt, pepper, and enough of the **spice blend** to coat (you may have extra).
- In the same pan, heat a drizzle of **olive oil** on medium-high until hot.
- Add the seasoned tilapia. Cook 3 to 4 minutes per side, or until lightly browned and cooked through.\*
- Leaving any browned bits (or fond) in the pan, transfer to a plate.



#### ↺ CUSTOMIZED STEP 4 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 enough of the **spice blend** to coat (you may have extra). Stir to coat.
- In the same pan, heat a drizzle of **olive oil** on medium-high until hot.
- Add the seasoned shrimp. Cook, stirring occasionally, 4 to 5 minutes, or until opaque and cooked through.
- Leaving any browned bits (or fond) in the pan, transfer to a plate.

### 5 Finish the glaze & serve your dish

- In the pan of reserved fond, heat a drizzle of **olive oil** on medium-high until hot.
- Add the **pepitass**; season with salt and pepper. Cook, stirring constantly, 1 to 2 minutes, or until lightly browned (be careful, as the pepitass may pop as they toast).
- Add the **glaze** (carefully, as the liquid may splatter). Cook, stirring constantly and scraping up any fond, 30 seconds to 1 minute, or until thickened and slightly reduced in volume.
- Turn off the heat. Stir in the **butter** until melted and combined. Taste, then season with salt and pepper if desired.
- To the bowl of **cooked vegetables**, add the **cooked barley**; stir to combine. Taste, then season with salt and pepper if desired.
- Season the **yogurt** with salt and pepper.
- Serve the **finished barley and vegetables** topped with the **cooked tilapia, finished glaze, and seasoned yogurt**. Enjoy!



#### ↺ CUSTOMIZED STEP 5 If you chose Shrimp

- Finish the glaze and serve your dish as directed with the **cooked shrimp** (instead of tilapia).

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