

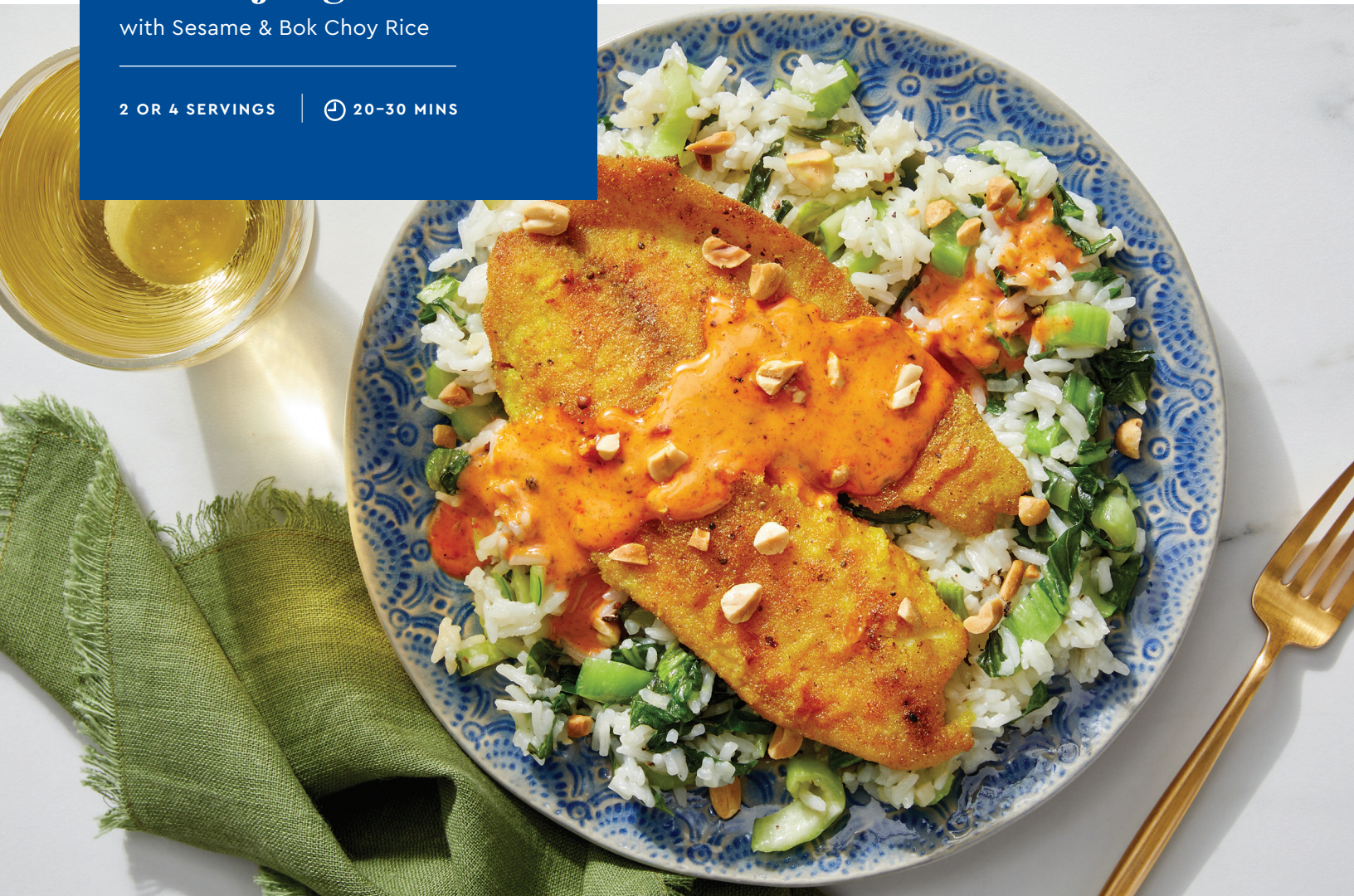
Tilapia & Creamy Gochujang Sauce

with Sesame & Bok Choy Rice

2 OR 4 SERVINGS

⌚ 20-30 MINS

 **Blue Apron**
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Ingredients



2 Tilapia Fillets or
4 for 4 servings



10 oz Baby Bok Choy
or 1 ¼ lbs for
4 servings



2 tsps Gochujang



2 tsps Vadouvan
Curry Powder



½ cup Long Grain
White Rice or
1 cup for 4 servings



¼ cup Rice Flour



1 Tbsp Sesame Oil



2 cloves Garlic



3 Tbsps Ranch
Dressing or ¼ cup
for 4 servings



3 Tbsps Roasted
Peanuts or ¼ cup for
4 servings



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1 Cook the rice

- Carefully rinse the **rice** (sifting through for any impurities). Drain thoroughly.
- In a small pot, combine the **rice**, a **big pinch of salt**, and **1 cup of water** or use a *medium pot and 2 cups of water if you're cooking 4 servings*. Heat to boiling on high.
- 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. Cover to keep warm.



2 Prepare the ingredients

- Meanwhile, wash and dry the **bok choy**; cut off and discard the root ends, then thinly slice.
- Peel and roughly chop **2 cloves of garlic**.
- Roughly chop the **peanuts**.



3 Cook the bok choy

- In a medium pan or a *large pan if you're cooking 4 servings* (nonstick, if you have one), heat a drizzle of **olive oil** on medium-high until hot.
- Add the **sliced bok choy** and **chopped garlic**; season with salt and pepper. Cook, stirring frequently, 2 to 3 minutes, or until softened and the bok choy leaves are wilted.
- Transfer to a large bowl and cover with foil to keep warm.
- Wipe out the pan.



4 Coat & cook the fish

- Place the **flour** and **curry powder** on a large plate; season with salt and pepper. Stir to combine.
- Pat the **fish** dry with paper towels; season with salt and pepper on both sides.
- Working one piece at a time, thoroughly coat the **seasoned fish** in the **seasoned flour**.
- In the same pan, heat a thin layer of oil on medium-high.
- Once the oil is hot enough that a pinch of flour sizzles immediately when added, add the **coated fish** (tapping off any excess flour before adding). Cook 3 to 4 minutes per side, or until browned and cooked through.*
- Turn off the heat.



5 Make the sauce & serve your dish

- Meanwhile, in a bowl, combine the **ranch dressing**, **1 teaspoon of water** or *2 teaspoons of water if you're cooking 4 servings*, and **as much of the gochujang as you'd like**, depending on how spicy you'd like the dish to be.
- To the bowl of **cooked bok choy**, add the **cooked rice** and **sesame oil**; season with salt and pepper. Stir to combine.
- Serve the **finished bok choy rice** topped with the **cooked fish** and **sauce**. Garnish with the **chopped peanuts**. 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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