

Sweet & Spicy Glazed Tilapia

with Brown Rice, Asparagus & Peanuts

2 SERVINGS

⌚ 25-35 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  icon) and instructions tailored to you.*

Ingredients

Customized ingredients

 2 Tilapia Fillets 

SWAPPED FOR:


 2 Skin-On Salmon Fillets 


 2 Scallions

 1 Tbsp Sambal Oelek

 1/2 cup Brown Rice

 2 cloves Garlic


 4 tsps Honey

 1 Tbsp Vegetarian Ponzu Sauce

 6 oz Asparagus

 1 Aloha Pepper

 2 Tbsps Soy Glaze

 3 Tbsps Roasted Peanuts

SCAN HERE
to learn
more about
Aloha Peppers



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



8 - 16 PersonalPoints®
range per serving

Now your Points value is personalized to YOU! It could be between 8-16 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 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.

*Ingredients may be replaced and quantities may vary.

Learn more at blueapron.com/pages/wellness

COOK ALONG WITH



"Alexa, find Blue Apron recipes."

1 Cook the rice

- Remove the **honey** from the refrigerator to bring to room temperature.
- In a small pot, combine the **rice**, a **big pinch of salt**, and **1 cup of water**. Heat to boiling on high.
- Once boiling, reduce the heat to low. Cover and cook, without stirring, 23 to 25 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.
- Snap off and discard the tough, woody stem ends of the **asparagus**; halve crosswise.
- Cut off and discard the stem of the **pepper**. Quarter lengthwise; remove the ribs and seeds, then thinly slice lengthwise.
- Peel and roughly chop **2 cloves of garlic**.
- Thinly slice the **scallions**, separating the white bottoms and hollow green tops.
- Roughly chop the **peanuts**.
- In a bowl, whisk together the **honey** (kneading the packet before opening), **soy glaze**, **2 tablespoons of water**, and **as much of the sambal oelek as you'd like**, depending on how spicy you'd like the dish to be.



3 Cook & dress the vegetables

- In a medium pan (nonstick, if you have one), heat a drizzle of **olive oil** on medium-high until hot.
- Add the **halved asparagus**; season with salt and pepper. Cook, stirring occasionally, 2 to 3 minutes, or until slightly softened.



Step 3 continued:

- Add the **sliced pepper**, **chopped garlic**, and **sliced white bottoms of the scallions**; season with salt and pepper. Cook, stirring occasionally, 3 to 4 minutes, or until softened. Turn off the heat.
- Transfer to a bowl; add the **ponzu sauce** and stir to coat. 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.
- In the same pan, heat a drizzle of **olive oil** on medium-high until hot.
- Add the **seasoned fish**. Cook 3 to 4 minutes, or until lightly browned. Flip and cook 1 to 2 minutes.
- Add the **glaze** (carefully, as the liquid may splatter). Cook, frequently spooning the glaze over the fish, 1 to 2 minutes, or until the glaze is slightly thickened and 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 **dressed vegetables**. Garnish with the **chopped peanuts** and **sliced green tops of the scallions**. Enjoy!



↩ CUSTOMIZED STEP 4 If you chose Salmon

- Pat the **fish** dry with paper towels; season with salt and pepper on both sides.
- 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, or until lightly browned. Flip and cook 1 to 2 minutes.
- Add the **glaze** (carefully, as the liquid may splatter). Cook, frequently spooning the glaze over the fish, 1 to 2 minutes, or until the glaze is slightly thickened and 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 **dressed vegetables**. Garnish with the **chopped peanuts** and **sliced green tops of the scallions**. 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](#) [i](#) [@](#) Share your photos with #blueapron

