

# Baked Honey-Lime Tilapia

with Poblano Peppers, Tomatoes & Rice

4 SERVINGS

25-35 MINS



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 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  icon) and instructions tailored to you.\*

## Ingredients

Customized ingredients

 4 Tilapia Fillets 

SWAPPED FOR:

 4 Skin-On Salmon Fillets 

 ½ lb Grape Tomatoes

 4 tsps Honey

 ¼ cup Panko Breadcrumbs

 2 Poblano Peppers

 1 Lime

 2 Tbsps Raw Pepitas

 1 cup Long Grain White Rice

 2 Scallions

 2 oz Salted Butter

 1 Tbsp Mexican Spice Blend<sup>1</sup>



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



15-17 PersonalPoints<sup>™</sup> range per serving

Now your Points value is personalized to YOU! It could be between 15-17 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<sup>™</sup> program, visit [ww.com](https://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. Ancho Chile Powder, Smoked Paprika, Garlic Powder, Ground Cumin & Dried Mexican Oregano  
\*Ingredients may be replaced and quantities may vary.

**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](http://ww.com).

COOK ALONG WITH



"Alexa, find Blue Apron recipes."

## 1 Prepare the ingredients & make the sauce

- Remove the **honey** from the refrigerator to bring to room temperature.
- Place an oven rack in the center of the oven; preheat to 450°F.
- Wash and dry the fresh produce.
- Thinly slice the **scallions**, separating the white bottoms and hollow green tops.
- Halve the **lime**; squeeze the juice into a bowl. Add the **honey** (kneading the packet before opening) and **1 tablespoon of olive oil**; season with salt and pepper. Whisk to combine.
- Cut off and discard the stems of the **peppers**. Halve lengthwise; remove the ribs and seeds, then medium dice. Thoroughly wash your hands immediately after handling.



## 2 Toast the pepitas

- In a medium pot, heat a drizzle of **olive oil** on medium-high until hot.
- Add the **pepitas**. Cook, stirring constantly, 1 to 3 minutes, or until toasted (be careful, as the pepitas may pop as they toast).
- Transfer to a plate and immediately season with salt.
- Wipe out the pot.



## 3 Cook & finish the rice

- Carefully rinse the **rice** (sifting through for any impurities). Drain thoroughly.
- In the same pot, heat a drizzle of **olive oil** on medium-high until hot.
- Add the **sliced white bottoms of the scallions**; season with salt and pepper. Cook, stirring frequently, 1 to 2 minutes, or until softened.
- Add the **rice, a big pinch of salt, and 2 cups of water** (carefully, as the liquid may splatter). 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. Stir in the **toasted pepitas**.
- Cover to keep warm.



## 4 Start the vegetables

- Meanwhile, place the **tomatoes and diced peppers** in a baking dish. Drizzle with **olive oil** and season with salt and pepper. Toss to coat and arrange in an even layer.
- Bake 5 to 6 minutes, or until slightly softened.
- Leaving the oven on, remove from the oven.



## 5 Make the breadcrumb topping

- Meanwhile, melt the **butter** in a bowl in the microwave (or melt in a small pot, then transfer to a bowl).
- Add the **breadcrumbs and half the spice blend**; season with salt and pepper. Stir to combine.



## 6 Finish & serve your dish

- Pat the **fish** dry with paper towels; season on both sides with salt, pepper, and the **remaining spice blend**.
- Carefully place the **seasoned fish** on top of the **partially baked vegetables**. Evenly top the fish with the **breadcrumb topping**.
- Bake 8 to 10 minutes, or until the breadcrumbs are browned and the fish is cooked through.\*
- Remove from the oven. Let stand at least 2 minutes before serving.
- Serve the **finished rice** topped with the **baked fish and vegetables and sauce**. Garnish with the **sliced green tops of the scallions**. Enjoy!



### ↺ CUSTOMIZED STEP 6 *If you chose Salmon*

- Finish and serve your dish as directed, but bake 12 to 15 minutes.

\*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](http://blueapron.com) or in the Blue Apron app, then click on VIEW FULL NUTRITION.

Food safety handling information: [blog.blueapron.com/foodsafety](http://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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