

# Chimichurri Tilapia

with Barley, Pepper & Tomatoes

2 SERVINGS

30-40 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  icon) and instructions tailored to you.\*

## Ingredients

Customized ingredients



2 Tilapia Fillets 

SWAPPED FOR:



2 Skin-On Salmon Fillets 



2 Scallions



¼ cup Cilantro Sauce



½ cup Pearled Barley



4 oz Grape Tomatoes



1 oz Sliced Pickled Jalapeño Pepper



2 Tbsps Roasted Pistachios



1 Bell Pepper



1 Lime



2 Tbsps Dried Currants



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



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



7-9 PersonalPoints<sup>™</sup> range per serving

Now your Points value is personalized to YOU! It could be between 7-9 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 [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. Smoked Paprika, Ground Yellow Mustard, Onion Powder, Garlic Powder, Whole Dried Oregano, Whole Dried Thyme & Cayenne Pepper  
\*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 and return to the pot.



## 2 Prepare the ingredients & make the chimichurri

- Meanwhile, wash and dry the fresh produce.
- Place the **currants** in a bowl; cover with **hot water**. Set aside to rehydrate at least 10 minutes.
- Cut off and discard the stem of the **bell pepper**. Halve lengthwise; remove the ribs and seeds, then medium dice.
- Thinly slice the **scallions**, separating the white bottoms and hollow green tops.
- Halve the **tomatoes**.
- Quarter the **lime**.
- Roughly chop the **pistachios**.
- Roughly chop the **jalapeño pepper**. Thoroughly wash your hands immediately after handling.
- In a bowl, combine the **cilantro sauce**, the **juice of 2 lime wedges**, and **as much of the chopped jalapeño pepper as you'd like**, depending on how spicy you'd like the dish to be. Taste, then season with salt and pepper if desired.



## 3 Cook the vegetables

- In a medium pan (nonstick, if you have one), heat a drizzle of **olive oil** on medium-high until hot.
- Add the **diced bell pepper** and **sliced white bottoms of the scallions** in an even layer; season with salt and pepper. Cook, without stirring, 2 to 3 minutes, or until browned.



### Step 3 continued:

- Add the **halved tomatoes**; season with salt and pepper. Cook, stirring frequently, 1 to 2 minutes, or until the vegetables are softened.
- Transfer to a bowl; cover with foil to keep warm.
- Wipe out the pan.

## 4 Cook the fish

- Pat the **fish** 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 fish. Cook 3 to 4 minutes per side, or until lightly browned and cooked through.\*
- Turn off the heat.



### CUSTOMIZED STEP 4 If you chose Salmon

- Pat the **fish** dry with paper towels. Season on both sides with salt and pepper. Season only on the skinless side with 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 fish, skin side down. Cook 5 to 7 minutes, or until the skin is browned and crispy. Flip and cook 1 to 2 minutes, or until lightly browned and cooked through.\*
- Turn off the heat.

## 5 Finish the barley & serve your dish

- To the pot of **cooked barley**, add the **cooked vegetables**, **rehydrated currants** (draining before adding), and **1 tablespoon of olive oil**. Stir to combine. Taste, then season with salt and pepper if desired.
- Serve the **finished barley** topped with the **cooked fish** and **chimichurri**. Garnish with the **chopped pistachios** and **sliced green tops of the scallions**. Serve the **remaining lime wedges** on the side. Enjoy!



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