

Thai-Style Glazed Tilapia


with Sautéed Vegetables & Crispy Onions

2 SERVINGS | 25-35 MINS

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

Ingredients

Customized ingredients


 2 Tilapia Fillets 

SWAPPED FOR:

 10 oz Tail-On Shrimp¹ 


 1/3 cup Crispy Onions

 1 Tbsp Yellow Curry Paste


 3 Tbsps Roasted Peanuts


 1/2 cup Long Grain White Rice

 4 oz Sweet Peppers


 1/4 cup Rice Flour

 1 Tbsp Soy Sauce

 1 tsp Black & White Sesame Seeds

 6 oz Green Beans

 1 piece Ginger

 1 Tbsp Light Brown Sugar

 1 Tbsp Sesame Oil

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¹. peeled & deveined

*Ingredients may be replaced and quantities may vary.



"Alexa, find Blue Apron recipes."

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**. 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.



2 Prepare the ingredients & make the glaze

- Meanwhile, wash and dry the fresh produce.
- Peel the **ginger**; finely chop to get 2 teaspoons (you may have extra).
- Cut off and discard the stems of the **peppers**; remove the cores, then quarter lengthwise.
- Cut off and discard any stem ends from the **green beans**.
- Roughly chop the **peanuts**; place in a bowl. Add the **crispy onions** and stir to combine.
- In a separate bowl, combine the **sugar**, **soy sauce**, **¼ cup of warm water**, and **as much of the curry paste as you'd like**, depending on how spicy you'd like the dish to be.



3 Cook the vegetables

- In a large pan (nonstick, if you have one), heat the **sesame oil** on medium-high until hot.
- Add the **chopped ginger**, **quartered peppers**, and **green beans**; season with salt and pepper. Cook, stirring frequently, 5 to 7 minutes, or until softened.
- Transfer to a bowl and stir in the **sesame seeds**. Cover with foil to keep warm.
- Wipe out the pan.



4 Cook the tilapia & serve your dish

- Pat the **tilapia** dry with paper towels; season with salt and pepper on both sides.
- Place the **flour** on a large plate.
- Working one piece at a time, thoroughly coat the **seasoned tilapia** in the flour.
- In the same pan, heat a drizzle of **olive oil** on medium-high until hot.
- Add the **coated tilapia** (tapping off any excess flour before adding). Cook 3 to 4 minutes, or until browned. Flip and cook 2 to 3 minutes, or until lightly browned.
- Add the **glaze** (carefully, as the liquid may splatter). Cook, constantly spooning the glaze over the tilapia, 1 to 2 minutes, or until the tilapia is coated and cooked through. * Turn off the heat.
- Serve the **cooked tilapia** (including any glaze from the pan) with the **cooked rice** and **cooked vegetables**. Garnish the tilapia with the **peanut-onion mixture**. Enjoy!



↩ CUSTOMIZED STEP 4 If you chose Shrimp

- Pat the **shrimp** dry with paper towels (remove the tails if desired); season with salt and pepper (you'll omit the **flour** for shrimp).
- In the same pan, heat a drizzle of **olive oil** on medium-high until hot.
- Add the **seasoned shrimp** in an even layer. Cook, without stirring, 2 to 3 minutes, or until slightly opaque.
- Add the **glaze** (carefully, as the liquid may splatter). Cook, stirring frequently, 1 to 2 minutes, or until the shrimp are coated, opaque, and cooked through. Turn off the heat.
- Serve the **cooked shrimp** (including any glaze from the pan) with the **cooked rice** and **cooked vegetables**. Garnish the shrimp with the **peanut-onion mixture**. 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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