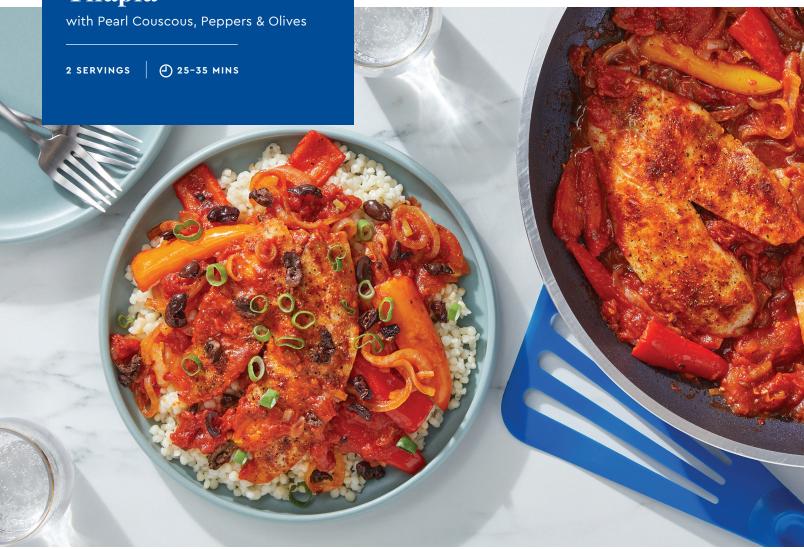
Tomato-Poached Tilapia



blueapron.com



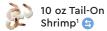
F YOU CHOSE A CUSTOMIZED OPTION, visit the Current tab in the Blue Apron app or at blueapron.com for ingredients (denoted with an 😝 icon) and instructions tailored to you.*

Ingredients

Customized ingredients













½ cup Pearl Couscous



4 oz Sweet Peppers



1 14-oz can Whole **Peeled Tomatoes**



1 Tbsp Smoky Spice Blend²



1 Sweet or Yellow Onion



1 oz Pitted Niçoise Olives



1 Tbsp Apple Cider Vinegar







PersonalPoints range per serving

Now your Points value is personalized to YOU! It could be between 6-8 Points. Scan the barcode to see yours!

If you customized this recipe, your PersonalPoints may differ from what's above.



STANDARD RECIPE

CUSTOMIZED

Scan these barcodes in your WW app to track PersonalPoints. Wine is not included in PersonalPoints calculations.

To learn more about the (NEW!) WW PersonalPointsTM program, visit ww.com. The WW logo, PersonalPoints and myWW are the trademarks of WW International, Inc. and are used under license by Blue Apron, LLC.

Hey, Chef! Try these WW pro-tips: Skip adding salt during prep and cooking, and see nutrition info for sodium as packaged. Counting Personal Points? 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.

COOK ALONG WITH



"Alexa, find Blue Apron recipes."

1) Prepare the ingredients

- Fill a medium pot 3/4 of the way up with salted water; cover and heat to boiling on high.
- Wash and dry the fresh produce.
- · Halve, peel, and thinly slice the onion.
- · Cut off and discard the stems of the peppers; remove the cores. Quarter lengthwise.



- Place the **tomatoes** in a bowl; gently break apart with your hands.
- Roughly chop the olives.
- Thinly slice the scallions, separating the white bottoms and hollow green tops.

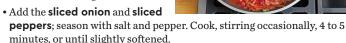
2 Cook the couscous

- Add the couscous to the pot of boiling water. Cook, uncovered, 5 to 7 minutes, or until tender. Turn off the heat.
- Drain thoroughly and return to the pot. Season with salt and pepper; add a drizzle of olive oil.
- Cover to keep warm.



Season the tilapia & make the sauce

- Meanwhile, pat the tilapia dry with paper towels; season on both sides with salt, pepper, and enough of the spice blend to coat (you may have extra).
- In a large pan (nonstick, if you have one), heat a drizzle of olive oil on medium-high until hot.



- Add the sliced white bottoms of the scallions and as much of the red pepper flakes as you'd like, depending on how spicy you'd like the dish to be. Cook, stirring frequently, 30 seconds to 1 minute, or until combined.
- Add the crushed tomatoes (carefully, as the liquid may splatter) and 1/2 cup of water; season with salt and pepper. Cook, stirring frequently, 2 to 3 minutes, or until thoroughly combined.

CUSTOMIZED STEP 3 If you chose Shrimp

- Meanwhile, pat the **shrimp** dry with paper towels; remove the tails. Place in a bowl; season with salt, pepper, and enough of the spice **blend** to coat (you may have extra); stir to coat.
- In a large pan (nonstick, if you have one), heat a drizzle of olive oil on medium-high until hot.
- Add the sliced onion and sliced peppers; season with salt and pepper. Cook, stirring occasionally, 4 to 5 minutes, or until slightly softened.
- Add the sliced white bottoms of the scallions and as much of the red pepper flakes as you'd like, depending on how spicy you'd like the dish to be. Cook, stirring frequently, 30 seconds to 1 minute, or until combined.
- Add the **crushed tomatoes** (carefully, as the liquid may splatter) and 1/2 cup of water; season with salt and pepper. Cook, stirring frequently, 2 to 3 minutes, or until thoroughly combined.

4 Poach the tilapia & serve your dish

- Add the seasoned tilapia. Loosely cover the pan with foil and cook 4 to 6 minutes, or until the sauce is slightly thickened and the tilapia is cooked through.*
- Turn off the heat and stir in the vinegar. Taste, then season with salt and pepper if desired.



• Serve the cooked couscous topped with the poached tilapia and sauce. Garnish with the chopped olives and sliced green tops of the scallions. Enjoy!

CUSTOMIZED STEP 4 If you chose Shrimp

- Add the seasoned shrimp. Loosely cover the pan with foil and cook 4 to 6 minutes, or until the sauce is slightly thickened and the shrimp are opaque and cooked through.
- Turn off the heat and stir in the vinegar. Taste, then season with salt and pepper if desired.
- Serve the cooked couscous topped with the poached shrimp and sauce. Garnish with the chopped olives and sliced green tops of the scallions. Enjoy!

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

