

Tomato-Poached Tilapia

with Pearl Couscous, Peppers & Olives

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:


 10 oz Tail-On Shrimp¹ 

 2 Scallions

 ¼ tsp Crushed Red Pepper Flakes

 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



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



6-8

PersonalPoints™
range per serving

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1. peeled & deveined 2. Smoked Paprika, Sweet Paprika, Ground Yellow Mustard, Garlic Powder & Onion Powder
*Ingredients may be replaced and quantities may vary.

COOK ALONG WITH



"Alexa, find Blue Apron recipes."

1 Prepare the ingredients

- Fill a medium pot $\frac{3}{4}$ 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.



3 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 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 $\frac{1}{2}$ **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 $\frac{1}{2}$ **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.