Tilapia, Vegetable & Orzo Bake

Blue Apron

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Ingredients

Customized ingredients









18 oz Tail-On Shrimp¹



1 Sweet Onion



4 Tbsps Crème Fraîche



2 Tbsps Hot Sauce



1/2 lb Orzo Pasta



5 oz Baby Spinach



1 oz Salted Butter



1 Tbsp Apple Cider Vinegar



1 Tbsp Southern Spice Blend²



½ cup Panko **Breadcrumbs**



½ lb Sweet Peppers



½ cup Sour Cream



1/4 cup Sweet Pickle



Serve with Blue Apron

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"Alexa, find Blue Apron recipes."

1 Prepare & start the vegetables

- Place an oven rack in the center of the oven; preheat to 450°F.
- Fill a large 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 large dice the onion.
- Cut off and discard the stems of the peppers; remove the cores, then large dice.
- Place the diced onion and diced peppers in a baking dish. Drizzle with olive oil and season with salt and pepper; toss to coat. Arrange in an even laver.
- Bake 13 to 15 minutes, or until the vegetables are lightly browned and slightly tender when pierced with a fork.
- Leaving the oven on, remove from the oven.

2 Cook the pasta & wilt the spinach

- Meanwhile, add the pasta to the pot of boiling water. Cook, stirring occasionally, 7 to 9 minutes, or until tender. Turn off
- · Drain thoroughly and return to the pot. Add the **spinach** and a drizzle of **olive oil**; stir until combined and the spinach is wilted.



3 Prepare the remaining ingredients

- Meanwhile, pat the tilapia dry with paper towels; season on both sides with salt, pepper, and half the spice blend.
- Cut the **butter** into 4 equal-sized pieces.
- In a bowl, combine breadcrumbs, remaining spice blend, and

2 tablespoons of olive oil; season with salt and pepper.



- Meanwhile, pat the **shrimp** dry with paper towels; remove the tails.
- Place in a bowl and season with salt, pepper, and half the spice blend. Stir to coat.
- Cut the **butter** into 4 equal-sized pieces.
- In a bowl, combine breadcrumbs, remaining spice blend, and 2 tablespoons of olive oil; season with salt and pepper.

4 Assemble the casserole

- Add the cooked pasta and spinach, crème fraîche, and **vinegar** to the baking dish of partially baked vegetables; season with salt and pepper. Stir to thoroughly combine. Taste, then season with salt and pepper if desired.
- Place the seasoned tilapia on top of the dressed pasta.
- Top each piece of tilapia with 1 piece of butter.
- · Cover the baking dish with foil.

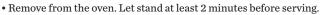
CUSTOMIZED STEP 4 If you chose Shrimp

- Add the cooked pasta and spinach, crème fraîche, and vinegar to the baking dish of partially baked vegetables; season with salt and pepper. Stir to thoroughly combine. Taste, then season with salt and pepper if desired.
- Place the seasoned shrimp and butter pieces on top of the dressed pasta.
- Evenly sprinkle the casserole with the **seasoned breadcrumbs**.

5 Bake the casserole

- Bake the prepared tilapia and pasta 7 minutes.
- · Leaving the oven on, remove from the oven. Carefully remove the foil.
- Evenly top the casserole with the seasoned breadcrumbs.
- Return to the oven and bake 7 to 9 minutes, or until the

breadcrumbs are lightly browned and the tilapia is cooked through.*



CUSTOMIZED STEP 5 If you chose Shrimp

- Bake the **prepared casserole** 9 to 11 minutes, or until the breadcrumbs are lightly browned and the shrimp are cooked through.
- Remove from the oven. Let stand at least 2 minutes before serving.

6 Make the sauce & serve your dish

- · Meanwhile, in a bowl combine the sour cream, relish, and as much of the hot sauce as you'd like, depending on how spicy you'd like the dish to be. Taste, then season with salt and pepper if desired.
- Serve the baked casserole topped with the sauce. Enjoy!



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



