

# Tilapia, Vegetable & Orzo Bake

with Spiced Breadcrumbs & Creamy Relish

4 SERVINGS

⌚ 35-45 MINS

 **Blue Apron**  
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## Ingredients

Customized ingredients

 4 Tilapia Fillets 🔄


SWAPPED FOR:


 18 oz Tail-On Shrimp<sup>1</sup> 🔄


 1 Sweet Onion

 4 Tbsps Crème Fraîche


 2 Tbsps Hot Sauce


 ½ lb Orzo Pasta

 5 oz Baby Spinach

 1 oz Salted Butter

 1 Tbsp Apple Cider Vinegar

 1 Tbsp Southern Spice Blend<sup>2</sup>

 ½ cup Panko Breadcrumbs

 ½ lb Sweet Peppers

 ½ cup Sour Cream

 ¼ cup Sweet Pickle Relish

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

## Cook along on the app



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<sup>1</sup> peeled & deveined   <sup>2</sup> Onion Powder, Garlic Powder, Ground Yellow Mustard, Smoked Paprika & Cayenne Pepper  
\*Ingredients may be replaced and quantities may vary.





"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  $\frac{3}{4}$  of the way up with salted water; cover and heat to boiling on high.
- Wash and dry the fresh produce.
- Halve, peel, and 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 layer.
- 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 the heat.
- 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.



### CUSTOMIZED STEP 3 If you chose Shrimp

- 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.\*
- Remove from the oven. Let stand at least 2 minutes before serving.



### 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.

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Food safety handling information: [blog.blueapron.com/foodsafety](http://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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