

Shawarma-Spiced Tilapia

with Roasted Potato & Arugula Salad

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 ) and instructions tailored to you.*

Ingredients

Customized ingredients


 2 Tilapia Fillets 

SWAPPED FOR:

 2 Skin-On Salmon Fillets 


 1 Lemon

 2 Tbsps Roasted Pistachios

 ¾ lb Potatoes

 ½ oz Sweet Drop Peppers

 2 Tbsps Dried Currants

 1 tsp Whole Dried Oregano

 1 Kohlrabi

 2 oz Arugula

 2 Tbsps Tahini

 1 Tbsp Shawarma Spice Blend¹



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



4 - 10 PersonalPoints[™] range per serving

Now your Points value is personalized to YOU! It could be between 4-10 Points. Scan the barcode to see yours!



Scan this barcode in your WW app to track PersonalPoints. Wine is not included in PersonalPoints as packaged. Skip adding salt during prep and cooking, and see nutrition info for sodium as packaged. Choose nonstick cooking spray (0 PersonalPoints) instead of olive oil (1 PersonalPoint per teaspoon) to coat your pan before heating.

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

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

¹. Ground Coriander, Cumin Seeds, Garlic Powder, Smoked Sweet Paprika & Ground Turmeric
*Ingredients may be replaced and quantities may vary.

Learn more at blueapron.com/pages/wellness

COOK ALONG WITH



"Alexa, find Blue Apron recipes."

1 Prepare the ingredients

- Place an oven rack in the center of the oven; preheat to 450°F.
- Wash and dry the fresh produce.
- Cut the **potatoes** into 1/2-inch rounds.
- Cut off the top and bottom of the **kohlrabi** to create a flat surface; using a knife, cut down along the curve of the kohlrabi to remove the green skin. Halve lengthwise; if present, remove the core, then cut crosswise into 1/4-inch pieces.
- Place the **currants** in a bowl; cover with **hot water**. Set aside to rehydrate at least 10 minutes.
- Roughly chop the **pistachios**.
- Quarter and deseed the **lemon**.
- In a bowl, combine the **tahini**, the **juice of 2 lemon wedges**, and **1 tablespoon of water**. Season with salt and pepper.



2 Roast the potatoes & kohlrabi

- Place the **potato rounds** and **kohlrabi pieces** on a sheet pan. Drizzle with **olive oil**; season with salt, pepper, and the **oregano**. Toss to coat and arrange in an even layer.
- Roast 19 to 21 minutes, or until browned and tender when pierced with a fork.
- Remove from the oven.



3 Cook the fish

- Once the vegetables have roasted about 10 minutes, pat the **fish** 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 medium pan (nonstick, if you have one), heat a drizzle of **olive oil** on medium-high until hot.
- Add the seasoned fish. Cook 3 to 4 minutes per side, or until browned and cooked through.*
- Turn off the heat.



4 CUSTOMIZED STEP 3 If you chose Salmon

- Once the vegetables have roasted about 10 minutes, pat the **fish** dry with paper towels. Season with salt and pepper on both sides. Season only on the skinless side with enough of the **spice blend** to coat (you may have extra).
- In a medium pan (nonstick, if you have one), heat a drizzle of **olive oil** on medium-high until hot.
- Add the seasoned fish, skin side down. Cook 5 to 7 minutes, or until the skin is browned and crispy.
- Flip and cook 1 to 2 minutes, or until lightly browned and cooked through.*
- Turn off the heat.

4 Make the salad & serve your dish

- Just before serving, in a large bowl, combine the **arugula**, **roasted potatoes and kohlrabi**, **rehydrated currants** (draining before adding), and the **juice of the remaining lemon wedges**. Drizzle with **olive oil** and season with salt and pepper; toss to combine. Taste, then season with salt and pepper if desired.
- Divide the **lemon tahini** between two dishes; spread into an even layer.
- Serve the **lemon tahini** topped with the **salad** and **cooked fish**. Garnish with the **chopped pistachios** and **peppers**. 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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