

Tilapia Piccata

with Orzo, Zucchini & Sweet Peppers

4 SERVINGS

⌚ 20-30 MINS

 **Blue Apron**
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↔ 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


 4 Tilapia Fillets ↔


SWAPPED FOR:


 4 Skin-On Salmon Fillets ↔

 1 Tbsp Capers

 1 oz Salted Butter

 ½ lb Orzo Pasta

 2 Zucchini


 1 bunch Parsley

 2 Tbsps Crème Fraîche

 2 cloves Garlic

 4 oz Sweet Peppers

 1 Lemon

 1 Tbsp Weeknight Hero Spice Blend¹



Serve with Blue Apron wine that has this symbol
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¹ Onion Powder, Garlic Powder, Smoked Paprika & Whole Dried Parsley
*Ingredients may be replaced and quantities may vary.



"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.
- Quarter the **zucchini** lengthwise, then cut crosswise into $\frac{1}{2}$ -inch pieces.
- Cut off and discard the stems of the **peppers**; remove the cores, then thinly slice lengthwise.
- Peel and roughly chop **2 cloves of garlic**.
- Halve the **lemon** crosswise; squeeze the juice into a bowl, straining out the seeds.
- Roughly chop the **parsley** leaves and stems.



2 Cook the pasta

- Add the **pasta** to the pot of boiling water. Cook, uncovered, 7 to 9 minutes, or until tender. Turn off the heat.
- Drain thoroughly and return to the pot.



3 Cook the vegetables & finish the pasta

- Meanwhile, in a large pan (nonstick, if you have one), heat a drizzle of **olive oil** on medium-high until hot.
- Add the **zucchini pieces, sliced peppers, and chopped garlic**; season with salt and pepper. Cook, stirring occasionally, 2 to 3 minutes, or until slightly softened. Turn off the heat.
- Transfer the **cooked vegetables** to the pot of **cooked pasta**. Add the **crème fraîche** and a drizzle of **olive oil**; stir to thoroughly combine. Taste, then season with salt and pepper if desired. Cover to keep warm.
- Wipe out the pan.



4 Cook the fish & serve your dish

- Pat the **fish** dry with paper towels; season on both sides with salt, pepper, and the **spice blend**.
- In the same pan, heat a drizzle of **olive oil** on medium-high until hot.
- Add the **seasoned fish**. Cook 3 to 4 minutes, or until browned (if the pan seems dry, add a drizzle of olive oil before flipping). Flip and cook 2 to 3 minutes, or until lightly browned.
- Add the **butter, capers, and lemon juice** (carefully, as the liquid may splatter). Cook, constantly spooning the sauce over the fish, 1 to 2 minutes, or until coated and cooked through.*
- Turn off the heat.
- Serve the **cooked fish and sauce** over the **finished pasta**. Garnish with the **chopped parsley**. Enjoy!



CUSTOMIZED STEP 4 If you chose Salmon

- Pat the **fish** dry with paper towels; season only on the skinless side with salt, pepper, and the **spice blend**.
- In the same pan, 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 the fish. Add the **butter, capers, and lemon juice** (carefully, as the liquid may splatter). Cook, constantly spooning the sauce over the fish, 1 to 2 minutes, or until coated and cooked through.*
- Turn off the heat.
- Serve the **cooked fish and sauce** over the **finished pasta**. Garnish with the **chopped parsley**. 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.

Blue Apron, LLC, New York, NY 10005

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