

Honey-Lime Tilapia

with Bok Choy & Brown Rice

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 

 1 Lime


 1 tsp Black & White Sesame Seeds

 ½ cup Brown Rice

 2 cloves Garlic

 2 tsps Honey

 1 Tbsp Southern Spice Blend²

 10 oz Baby Bok Choy

 2 Scallions

 1 Tbsp Sesame Oil



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



4 - 12 PersonalPoints™ range per serving

Now your Points value is personalized to YOU! It could be between 4-12 Points. Scan the barcode to see yours!

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



Scan these barcodes in your WW app to track PersonalPoints. Wine is not included in PersonalPoints calculations.

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

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

COOK ALONG WITH



"Alexa, find Blue Apron recipes."

1 Cook the rice

- Remove the **honey** from the refrigerator to bring to room temperature.
- In a medium pot, combine the **rice**, a **big pinch of salt**, and **1 cup of water**. Heat to boiling on high.
- Once boiling, reduce the heat to low. Cover and cook, without stirring, 23 to 25 minutes, or until the water has been absorbed and the rice is tender.
- Turn off the heat and fluff with a fork.



2 Prepare the ingredients

- Meanwhile, wash and dry the fresh produce.
- Thinly slice the **scallions**, separating the white bottoms and hollow green tops.
- Peel and roughly chop **2 cloves of garlic**.
- Cut off and discard the root ends of the **bok choy**; thinly slice crosswise.
- Halve the **lime** crosswise; squeeze the juice into a medium bowl.



3 Cook the bok choy

- In a medium pan (nonstick, if you have one), heat a drizzle of **olive oil** on medium-high until hot.
- Add the **sliced white bottoms of the scallions** and **chopped garlic**. Cook, stirring constantly, 1 to 2 minutes, or until softened.
- Add the **sliced bok choy**; season with salt and pepper. Cook, stirring frequently, 2 to 3 minutes, or until softened.
- Transfer to a plate. Cover with foil to keep warm.
- Wipe out the pan.



4 Cook the tilapia

- 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 the same pan, heat the **sesame oil** on medium-high until hot.
- Add the seasoned tilapia. Cook 3 to 4 minutes per side, or until browned and cooked through.*
- Turn off the heat.



↺ CUSTOMIZED STEP 4 If you chose Shrimp

- Pat the **shrimp** dry with paper towels (remove the tails if desired). Place in a bowl; season with salt, pepper, and enough of the **spice blend** to coat (you may have extra). Toss to coat.
- In the same pan, heat the **sesame oil** on medium-high until hot.
- Add the seasoned shrimp. Cook, stirring occasionally, 4 to 5 minutes, or until opaque and cooked through.
- Turn off the heat.

5 Finish & serve your dish

- Meanwhile, to the bowl of **lime juice**, add the **honey** (kneading the packet before opening), **sliced green tops of the scallions**, and **sesame seeds**; season with salt and pepper. Stir to thoroughly combine.
- Transfer the **cooked bok choy** to the pot of **cooked rice**; stir to combine. Taste, then season with salt and pepper if desired.
- Serve the **finished rice** topped with the **cooked tilapia** and **honey-lime sauce**. Enjoy!



↺ CUSTOMIZED STEP 5 If you chose Shrimp

- Finish and serve your dish as directed with the **cooked shrimp** (instead of tilapia).

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