

Ingredients*

Customized ingredients



SWAPPED FOR:







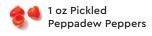
3 oz Pickle Chips

1 Tbsp Cajun Spice



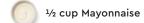
















Cook along on the app

The Blue Apron app doesn't just help you manage and track your weekly deliveries—it's also a hub for cooking inspiration! Browse our thousands of recipes, watch how-to videos, and cook along to your weekly recipes with step-by-step directions tailored to your meal's preferences. Download it from the App Store or Google Play today.



"Alexa, find Blue Apron recipes."

Prepare the ingredients

- Preheat the oven to 450°F.
- Wash and dry the fresh produce.
- Cut off and discard the bottom 1/2 inch of the broccoli stem; cut the broccoli into small florets.
- Roughly chop the peppers.
- Roughly chop the capers.
- Peel 1 clove of garlic; using a zester or the small side of a box grater, finely grate into a paste.
- Halve the baguettes.
- Cut off and discard the root end of the lettuce; halve lengthwise, then separate the leaves.
- Halve the pickle chips.

2 Roast & dress the broccoli

- Line a sheet pan with foil.
- Place the broccoli florets on the foil. Drizzle with olive oil and season with salt and pepper; toss to coat. Arrange in an even layer.
- · Roast 14 to 16 minutes, or until browned and tender when pierced with a fork.
- Transfer to a bowl. Add the chopped peppers, half the vinegar, and a drizzle of olive oil; toss to coat. Taste, then season with salt and pepper if desired.



• Meanwhile, in a bowl, combine the dijonnaise, mayonnaise, chopped capers, and as much of the garlic paste as you'd like. Taste, then season with salt and pepper if desired.



4 Cook the tilapia

- Pat the tilapia dry with paper towels. Season on both sides with salt, pepper, and the spice blend.
- In a large pan (nonstick, if you have one), heat a drizzle of olive oil on medium-high until hot.
- Add the seasoned tilapia. Cook 3 to 4 minutes per side, or until browned and cooked through.*
- Transfer to a cutting board and carefully halve each fillet lengthwise.



CUSTOMIZED STEP 4 If you chose Shrimp

- Pat the **shrimp** dry with paper towels; remove the tails. Place in a bowl; season with salt, pepper, and the spice blend. Toss to coat.
- In a large pan (nonstick, if you have one), heat a drizzle of olive 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 Toast the baguettes

- Meanwhile, place the halved baguettes on a separate sheet pan, cut side up. Drizzle with olive oil and season with salt and pepper.
- Toast in the oven 5 to 6 minutes. or until lightly browned around the edges.
- · Carefully transfer to a work surface.



6 Finish & serve your dish

- · Just before serving, in a bowl, combine the lettuce leaves and remaining vinegar. Drizzle with olive oil and season with salt and pepper. Toss to coat.
- · Assemble the sandwiches using the toasted baguettes, remoulade, halved pickle chips, halved tilapia, and dressed lettuce (you may have extra lettuce).



• Serve the sandwiches with the dressed broccoli on the side. Enjoy!

CUSTOMIZED STEP 6 If you chose Shrimp

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

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



