

Pan-Seared Tilapia

with Chermoula & Cucumber-Blood Orange Salad

For this delicious Moroccan special, we're using a traditional sauce called chermoula to give this tilapia deep, savory flavors of cumin, coriander, sweet paprika, citrus and fresh cilantro. A crunchy cucumber salad, couscous and juicy blood orange segments make this North African specialty something truly wonderful.



Ingredients

- 2 Tilapia Fillets
- 2 Cloves Garlic
- 1 Bunch Dill
- 1 Blood Orange
- 1 Large Bunch Cilantro
- 1 Lemon
- 1 Mini Cucumber
- 1 Shallot
- $\frac{3}{4}$ Cup Israeli Couscous
- 1 Teaspoon Chermoula Spice Blend (Cumin, Coriander, Sweet Paprika)

Makes 2 Servings
About 510 Calories Per Serving

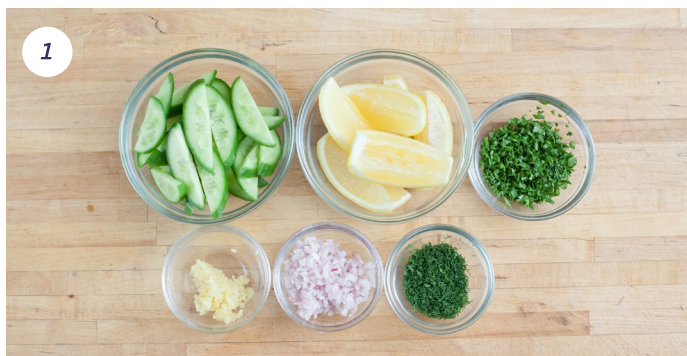


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Recipe #328

Instructions

1



Prepare the ingredients:

Heat a small pot of salted water to boiling on high. Wash and dry the fresh produce. Remove the tilapia from the refrigerator to bring to room temperature. Peel and mince the garlic, then, using the flat edge of your knife smash it until it resembles a paste. Finely chop the dill. Very finely chop the cilantro. Cut the lemon into 6 wedges and remove the seeds. Cut the cucumber in half lengthwise, then thinly slice into half circles on an angle. Peel and mince the shallot to get 2 tablespoons of minced shallot.

2



Cook the Israeli couscous:

Once the water is boiling, add the **Israeli couscous**. Cook 5 to 6 minutes, or until cooked through. Drain thoroughly, rinse with warm water and return to the pot.

3



Make the supremes:

While the couscous is cooking, cut about 1/4 inch off the top and the bottom ends of the **blood orange** and sit it flat on a cutting board. (Only cut off enough of the top and bottom to reveal the fruit.) Following the contour of the orange, cut away and discard the peel and bitter, white pith. Over a small bowl, using a knife, cut along the thin, white membranes that separate each orange segment. Repeat for the whole orange. Squeeze the juice from the remaining orange into the bowl.

4



Make the salad:

Add the **cucumber, blood orange supremes, dill** and as much **shallot** as you'd like (you may have extra shallot) to the **cooked couscous**. Stir in the **juice of 1 lemon wedge** and a drizzle of **olive oil**. Season with salt and pepper and toss until well-combined.

5



Make the chermoula sauce:

In a small bowl, combine the **chopped cilantro** and **garlic paste**. Stir in the **chermoula spice blend** and **1 tablespoon of olive oil** and mix until well-combined. Add the **juice of 3 lemon wedges** and mix until well-combined; season with salt and pepper to taste.

6



Cook the fish & plate your dish:

Pat the **tilapia fillets** dry, then season with salt and pepper on both sides. In a large pan (nonstick, if you have one), heat 2 teaspoons of olive oil on medium until hot. Add the seasoned fillets and cook 4 to 5 minutes per side, or until browned and cooked through. Transfer the fish to a paper towel-lined plate. To plate your dish, divide the salad-couscous mixture between 2 dishes and top each with 1 fillet. Top with a couple spoonfuls of **chermoula sauce** and garnish with the **remaining lemon wedges**. Enjoy!