

# Glazed Tilapia & Peanut-Ginger Rice

with Garlic Green Beans

2 SERVINGS

⌚ 25-35 MINS

 **Blue Apron**  
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## Ingredients\*

Customized ingredients



2 Tilapia Fillets 

SWAPPED FOR:



2 Skin-On Salmon Fillets 



1 Lime



2 Tbsps Mango Chutney



½ cup Long Grain White Rice



2 cloves Garlic



1 oz Salted Butter



3 Tbsps Roasted Peanuts



6 oz Green Beans



1 piece Ginger



2 tps Tamarind Paste



¼ tsp Crushed Red Pepper Flakes



Serve with Blue Apron wine that has this symbol  
[blueapron.com/wine](https://blueapron.com/wine)

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\*Ingredients may be replaced and quantities may vary.





"Alexa, find Blue Apron recipes."

## 1 Prepare the ingredients & make the glaze

- Wash and dry the fresh produce.
- Peel the **ginger**; finely chop to get 2 teaspoons (you may have extra).
- Roughly chop the **peanuts**.
- Cut off and discard any stem ends from the **green beans**.
- Peel and roughly chop **2 cloves of garlic**.
- Quarter the **lime**.
- In a bowl, combine the **mango chutney**, **tamarind paste**, **¼ cup of water**, and **as much of the red pepper flakes as you'd like**, depending on how spicy you'd like the dish to be.



## 2 Make the peanut-ginger rice

- Carefully rinse the **rice** (sifting through for any impurities). Drain thoroughly.
- In a small pot, combine the **rice**, **chopped ginger**, **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, 13 to 15 minutes, or until the water has been absorbed and the rice is tender.
- Turn off the heat and fluff with a fork; stir in the **chopped peanuts**.



## 3 Cook the green beans

- Meanwhile, in a medium pan (nonstick, if you have one), heat a drizzle of **olive oil** on medium-high until hot.
- Add the **green beans** in an even layer. Cook, without stirring, 3 to 4 minutes, or until lightly browned.
- Add the **chopped garlic**; season with salt and pepper. Cook, stirring frequently, 1 to 2 minutes, or until slightly softened.



### Step 3 continued:

- Add **2 tablespoons of water** (carefully, as the liquid may splatter). Cook, stirring frequently, 1 to 2 minutes, or until the green beans are tender and the water has cooked off.
- Transfer to a bowl. Add the **juice of 2 lime wedges** and stir to coat. Taste, then season with salt and pepper if desired.
- Wipe out the pan.

## 4 Cook the fish & serve your dish

- Pat the **fish** dry with paper towels; season with salt and pepper on both sides.
- 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 lightly browned. Flip and cook 2 to 3 minutes, or until browned.
- Add the **glaze** (carefully, as the liquid may splatter) and **butter**. Cook, constantly spooning the glaze over the fish, 1 to 2 minutes, or until the fish is coated and cooked through.\* Turn off the heat.
- Serve the **cooked fish** (including any glaze from the pan) with the **peanut-ginger rice** and **cooked green beans**. Serve the **remaining lime wedges** on the side. Enjoy!



### CUSTOMIZED STEP 4 If you chose Salmon

- Pat the **fish** dry with paper towels; season with salt and pepper on both sides.
- In the same pan, heat a drizzle of **olive oil** on medium until hot.
- Add the **seasoned fish**, skin side up. Loosely cover the pan with foil. Cook 3 to 5 minutes, or until lightly browned. Flip and cook 2 minutes.
- Add the **glaze** (carefully, as the liquid may splatter) and **butter**. Cook, stirring frequently and spooning the glaze over the fish, 1 to 2 minutes, or until the fish is coated and cooked through.\* Turn off the heat.
- Serve the **cooked fish** (including any glaze from the pan) with the **peanut-ginger rice** and **cooked green beans**. Serve the **remaining lime wedges** on the side. Enjoy!

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

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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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