

# Piccata-Style Tilapia

with Orzo, Zucchini & Tomatoes

2 SERVINGS

⌚ 20-30 MINS

 **Blue Apron**  
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## Ingredients\*

Customized ingredients

 2 Tilapia Fillets 

SWAPPED FOR:

 10 oz Tail-On Shrimp<sup>1</sup> 

 2 cloves Garlic

 1 oz Salted Butter

 4 oz Orzo Pasta

 4 oz Grape Tomatoes

 1 Tbsp Capers

 1 Tbsp Weeknight Hero Spice Blend<sup>2</sup>

 1 Zucchini

 1 Lemon

 2 Tbsps Crème Fraîche



Serve with Blue Apron wine that has this symbol  
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<sup>1</sup> peeled & deveined   <sup>2</sup> 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; cut crosswise into  $\frac{1}{2}$ -inch pieces.
- Halve the **tomatoes**.
- Peel and roughly chop **2 cloves of garlic**.
- Quarter and deseed the **lemon**.



## 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

- Meanwhile, in a medium pan (nonstick, if you have one), heat a drizzle of **olive oil** on medium-high until hot.
- Add the **zucchini pieces** in an even layer. Cook, without stirring, 2 to 3 minutes, or until lightly browned.
- Add the **halved tomatoes** and **chopped garlic**; season with salt and pepper. Cook, stirring occasionally, 2 to 3 minutes, or until the vegetables are slightly softened. Turn off the heat.
- Transfer to the pot of **cooked pasta** and stir to combine. Cover to keep warm.
- Wipe out the pan.



## 4 Start 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 a drizzle of **olive oil** on medium-high until hot.
- Add the seasoned tilapia. Cook 3 to 4 minutes, or until browned. Flip and cook 2 minutes.



## 5 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 a drizzle of **olive oil** on medium-high until hot.
- Add the seasoned shrimp in an even layer. Cook, without stirring, 2 to 3 minutes, or until slightly opaque.

## 5 Make the pan sauce & finish the tilapia

- To the pan, add the **butter**, **capers**, and the **juice of 2 lemon wedges** (carefully, as the liquid may splatter). Cook, constantly spooning the sauce over the tilapia, 1 to 2 minutes, or until the tilapia is coated and cooked through.\*
- Turn off the heat.



## 5 CUSTOMIZED STEP 5 If you chose Shrimp

- To the pan, add the **butter**, **capers**, and the **juice of 2 lemon wedges** (carefully, as the liquid may splatter). Cook, stirring constantly, 1 to 2 minutes, or until the shrimp are coated, opaque, and cooked through.
- Turn off the heat.

## 6 Finish the pasta & serve your dish

- To the pot of **cooked pasta and vegetables**, add the **crème fraîche** and the **juice of the remaining lemon wedges**; stir to combine. Taste, then season with salt and pepper if desired.
- Serve the **finished pasta** topped with the **finished tilapia and pan sauce**. Enjoy!



## 6 CUSTOMIZED STEP 6 If you chose Shrimp

- Finish the pasta and serve your dish as directed with the **finished shrimp and pan sauce** (instead of tilapia).

\*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.

Blue Apron, LLC, New York, NY 10005

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