

Tilapia Piccata

with Orzo, Zucchini & Peppers

4 SERVINGS

⌚ 20-30 MINS

 **Blue Apron**
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Ingredients*



Customized ingredients

 4 Tilapia Fillets 


SWAPPED FOR:


 4 Skin-On Salmon Fillets 


or


 18 oz Tail-On Shrimp¹ 


 1 Lemon


 1 Tbsp Weeknight Hero Spice Blend²

 ½ lb Orzo Pasta

 2 Bell Peppers

 1 bunch Parsley

 1 oz Salted Butter

 2 Zucchini

 2 cloves Garlic

 1 Tbsp Capers

 2 Tbsps Crème Fraîche



Serve with Blue Apron wine that has this symbol
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¹ peeled & deveined ² 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 large 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, then cut crosswise into $\frac{1}{2}$ -inch pieces.
- Cut off and discard the stems of the **peppers**. Halve lengthwise; remove the ribs and seeds, then thinly slice lengthwise.
- Peel and roughly chop **2 cloves of garlic**.
- Halve the **lemon** crosswise; squeeze the juice into a bowl, straining out the seeds.
- Roughly chop the **parsley** leaves and stems.



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 & finish the pasta

- Meanwhile, in a large pan (nonstick, if you have one), heat a drizzle of **olive oil** on medium-high until hot.
- Add the **zucchini pieces, sliced peppers, and chopped garlic**; season with salt and pepper. Cook, stirring occasionally, 2 to 3 minutes, or until slightly softened. Turn off the heat.
- Transfer the **cooked vegetables** to the pot of **cooked pasta**. Add the **crème fraîche** and a drizzle of **olive oil**; stir to thoroughly combine. Taste, then season with salt and pepper if desired. Cover to keep warm.
- Wipe out the pan.



4 Cook the tilapia & serve your dish

- Pat the **tilapia** dry with paper towels; season on both sides with salt, pepper, and the **spice blend**.
- 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 (if the pan seems dry, add a drizzle of olive oil before flipping).
- Flip and cook 2 to 3 minutes, or until lightly browned.
- Add the **butter, capers, and lemon juice** (carefully, as the liquid may splatter). Cook, constantly spooning the sauce over the tilapia, 1 to 2 minutes, or until coated and cooked through.* Turn off the heat.
- Serve the **cooked tilapia and sauce** over the **finished pasta**. Garnish with the **chopped parsley**. Enjoy!



CUSTOMIZED STEP 4

If you chose Salmon

- Pat the **salmon** dry with paper towels; season with salt and pepper on both sides. Season only on the skinless side with the **spice blend**.
- In the same pan, heat a drizzle of **olive oil** on medium-high until hot.
- Add the **seasoned salmon**, skin side down. Cook 5 to 7 minutes, or until the skin is browned and crispy.
- Flip the salmon, then add the **butter, capers, and lemon juice** (carefully, as the liquid may splatter). Cook, constantly spooning the sauce over the salmon, 1 to 2 minutes, or until coated and cooked through.* Turn off the heat.
- Serve the **cooked salmon and sauce** over the **finished pasta**. Garnish with the **chopped parsley**. Enjoy!

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 the **spice blend**; toss to coat.
- In the same pan, heat a drizzle of **olive oil** on medium-high until hot.
- Add the **seasoned shrimp**. Cook, without stirring, 2 to 3 minutes, or until slightly opaque.
- Add the **butter, capers, and lemon juice** (carefully, as the liquid may splatter). Cook, stirring frequently, 1 to 2 minutes, or until the shrimp are coated and cooked through. Turn off the heat.
- Serve the **cooked shrimp and sauce** over the **finished pasta**. Garnish with the **chopped parsley**. 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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