

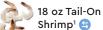
Ingredients*

Customized ingredients



SWAPPED FOR:











1/2 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



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directions tailored to your



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Prepare the ingredients

- Fill a large pot 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 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.

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 To view this recipe's full nutrition information, SEE FULL RECIPE in the current tab of your account at blueapron.com or in the Produced in a facility that processes crustacean shellfish





