

# Mexican-Spiced Tilapia & Barley

with Fresh Tomato Salsa & Creamy Cilantro Sauce

2 SERVINGS

30-40 MINS

 **Blue Apron**

[blueapron.com](https://blueapron.com)

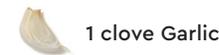
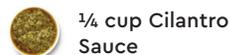
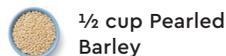


## Ingredients\*

Customized ingredients



SWAPPED FOR:



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



9-11

PersonalPoints™ range per serving

Now your Points value is personalized to YOU! It could be between 9-11 Points. Scan the barcode to see yours!



Scan this barcode in your WW app to track PersonalPoints. Wine is not included in PersonalPoints as packaged. Skip adding salt during prep and cooking, and see nutrition info for sodium as packaged. Choose nonstick cooking spray (0 PersonalPoints) instead of olive oil (1 PersonalPoint per teaspoon) to coat your pan before heating.

If you customized this recipe, your PersonalPoints may differ from what's above.

To learn more about the (NEW!) WW PersonalPoints™ program, visit [ww.com](https://ww.com). The WW logo, PersonalPoints and myWW are the trademarks of WW International, Inc. and are used under license by Blue Apron, LLC.

1. Ancho Chile Powder, Smoked Paprika, Garlic Powder, Ground Cumin & Dried Mexican Oregano  
\*Ingredients may be replaced and quantities may vary.

Learn more at [blueapron.com/pages/wellness](https://blueapron.com/pages/wellness)

**Hey, Chef!** Try these WW pro-tips: Skip adding salt during prep and cooking, and see nutrition info for sodium as packaged. **Counting PersonalPoints?** Choose nonstick cooking spray (0 PersonalPoints) instead of olive oil (1 PersonalPoint per teaspoon) to coat your pan before heating. To learn more about WW's Points program, visit [ww.com](http://ww.com).

COOK ALONG WITH



"Alexa, find Blue Apron recipes."

### 1 Cook the barley

- Fill a medium pot  $\frac{3}{4}$  of the way up with salted water; cover and heat to boiling on high.
- Once boiling, add the **barley** and cook, uncovered, 28 to 30 minutes, or until tender. Turn off the heat.
- Drain thoroughly and return to the pot. Add the **raisins**; stir to combine.



### 2 Prepare the ingredients & make the salsa

- Meanwhile, wash and dry the fresh produce.
- Halve the **tomatoes**.
- Peel **1 clove of garlic**; using a zester or the small side of a box grater, finely grate into a paste.
- Halve the **lime** crosswise.
- Halve, peel, and thinly slice the **onion**.
- Cut off and discard the stem of the **poblano pepper**. Halve lengthwise; remove the ribs and seeds, then thinly slice crosswise.
- Roughly chop the **jalapeño pepper**.
- Thoroughly wash your hands immediately after handling the peppers.
- In a bowl, combine the **halved tomatoes**, a drizzle of **olive oil**, **as much of the garlic paste as you'd like**, and **as much of the chopped jalapeño pepper as you'd like**, depending on how spicy you'd like the dish to be. Season with salt and pepper.
- In a separate bowl, combine the **cilantro sauce**, **mayonnaise**, and the **juice of 1 lime half**. Season with salt and pepper.



### 3 Cook the vegetables

- In a medium pan (nonstick, if you have one), heat a drizzle of **olive oil** on medium-high until hot.
- Add the **sliced onion** and **sliced poblano pepper**; season with salt and pepper. Cook, stirring occasionally, 6 to 7 minutes, or until softened.
- Transfer to a bowl. Cover with foil to keep warm.
- Wipe out the pan.



### 4 Cook the fish

- Pat the **fish** 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 fish. Cook 3 to 4 minutes per side, or until lightly browned and cooked through.\*
- Turn off the heat.



### ↻ CUSTOMIZED STEP 4 If you chose Salmon

- Pat the **fish** dry with paper towels. Season with salt and pepper on both sides. Season only the skinless side with 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 fish, skin side down. Cook 5 to 7 minutes, or until the skin is browned and crispy.
- Flip and cook 1 to 2 minutes, or until lightly browned and cooked through.\*
- Turn off the heat.

### 5 Finish the barley & serve your dish

- To the pot of **cooked barley**, add the **cooked vegetables**, the **juice of the remaining lime half**, and a drizzle of **olive oil**; stir to combine. Taste, then season with salt and pepper if desired.
- Serve the **finished barley** topped with the **cooked fish** and **salsa**. Drizzle with the **creamy cilantro sauce**. 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](http://blueapron.com) or in the Blue Apron app, then click on VIEW FULL NUTRITION. If you purchased this recipe outside of [blueapron.com](http://blueapron.com), nutrition information can be found on the retailer's product page. | Food safety handling information: [blog.blueapron.com/foodsafety](http://blog.blueapron.com/foodsafety)

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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