

Sweet Chili Tilapia & Sesame Breadcrumbs

with Garlic Rice & Mushrooms

4 SERVINGS

30-40 MINS

 **Blue Apron**
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Ingredients*


Customized ingredients

 4 Tilapia Fillets 

SWAPPED FOR:

 18 oz Tail-On Shrimp¹ 

 15 oz Baby Bok Choy

 1 oz Salted Butter

 ¼ cup Sweet Chili Sauce


 1 cup Long Grain White Rice


 2 cloves Garlic

 2 Scallions


 1 Tbsp Sesame Oil

 2 Tbsps Soy Sauce

 ¼ cup Panko Breadcrumbs

 ½ lb Mushrooms

 1 Lime

 1 Tbsp Sambal Oelek

 1 tsp Black & White Sesame Seeds



Serve with Blue Apron wine that has this symbol
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¹. peeled & deveined

*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 and roughly chop **2 cloves of garlic**.
- Cut the **mushrooms** into bite-sized pieces.
- Cut off and discard the root ends of the **bok choy**; roughly chop.
- Thinly slice the **scallions**, separating the white bottoms and hollow green tops.
- Halve the **lime** crosswise.
- In a bowl, combine the **soy sauce**, **sweet chili sauce**, the **juice of 1 lime half**, **2 teaspoons of water**, and **as much of the sambal oelek as you'd like**, depending on how spicy you'd like the dish to be; season with salt and pepper.



2 Make the garlic rice

- Carefully rinse the **rice** (sifting through for any impurities). Drain thoroughly.
- In a medium pot, combine the **rice**, **chopped garlic**, a **big pinch of salt**, and **2 cups 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.



3 Make the sesame breadcrumbs

- Meanwhile, in a large pan (nonstick, if you have one), heat the **sesame oil** on medium-high until hot.
- Add the **breadcrumbs**; season with salt and pepper. Cook, stirring frequently, 2 to 3 minutes, or until lightly browned and toasted.
- Transfer to a plate.
- Wipe out the pan.



4 Cook the vegetables

- In the same pan, heat a drizzle of **olive oil** on medium-high until hot.
- Add the **mushroom pieces** in an even layer. Cook, without stirring, 3 to 4 minutes, or until lightly browned.
- Add the **chopped bok choy** and **sliced white bottoms of the scallions**; season with salt and pepper. Cook, stirring occasionally, 3 to 4 minutes, or until slightly softened.
- Turn off the heat. Carefully stir in the **juice of the remaining lime half**. Taste, then season with salt and pepper if desired.
- Transfer to a bowl and cover with foil to keep warm.
- Wipe out the pan.



5 Cook the tilapia & serve your dish

- Pat the **tilapia** 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 tilapia**. Cook 3 to 4 minutes, or until lightly browned. Flip and cook 1 to 2 minutes.
- Add the **butter** and **glaze** (carefully, as the liquid may splatter). Cook, stirring frequently and spooning the glaze over the tilapia, 1 to 2 minutes, or until the tilapia is coated and cooked through.*
- Turn off the heat.
- Serve the **cooked tilapia** (including any glaze from the pan) with the **garlic rice** and **cooked vegetables**. Top the tilapia with the **sesame breadcrumbs**. Garnish with the **sesame seeds** and **sliced green tops of the scallions**. Enjoy!



🔄 CUSTOMIZED STEP 5 If you chose Shrimp

- Pat the **shrimp** dry with paper towels (remove the tails if desired). Season with salt and pepper.
- 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.
- Add the **butter** and **glaze** (carefully, as the liquid may splatter). Cook, stirring frequently and spooning the glaze over the shrimp, 1 to 2 minutes, or until the shrimp are opaque and cooked through.
- Turn off the heat.
- Serve the **cooked shrimp** (including any glaze from the pan) with the **garlic rice** and **cooked vegetables**. Top the shrimp with the **sesame breadcrumbs**. Garnish with the **sesame seeds** and **sliced green tops of the scallions**. 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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