

Sweet & Spicy Glazed Tilapia

with Brown Rice, Mushrooms & Peppers

4 SERVINGS

⌚ 30-40 MINS

 **Blue Apron**
blueapron.com

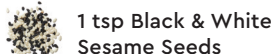
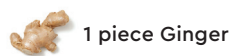
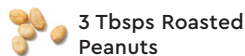
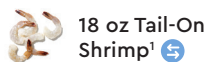
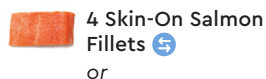


Ingredients*

Customized ingredients



SWAPPED FOR:



Serve with Blue Apron wine that has this symbol
blueapron.com/wine



4 - 12 PersonalPoints[™]
range per serving

Now your Points value is personalized to YOU! It could be between 4-12 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 www.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. peeled & deveined

*Ingredients may be replaced and quantities may vary.

Learn more at blueapron.com/pages/wellness

COOK ALONG WITH



"Alexa, find Blue Apron recipes."

1 Cook the rice

- Remove the **honey** from the refrigerator to bring to room temperature.
- In a medium pot, combine the **rice**, a **big pinch of salt**, and **2 ½ cups of water**. Heat to boiling on high.
- Once boiling, reduce the heat to low. Cover and cook, without stirring, 23 to 25 minutes, or until the water has been absorbed and the rice is tender.
- Turn off the heat and fluff with a fork.



2 Prepare the ingredients & make the glaze

- Meanwhile, wash and dry the fresh produce.
- Peel the **ginger**; finely chop to get 1 tablespoon (you may have extra).
- Cut off and discard the stems of the **peppers**. Quarter lengthwise; remove the ribs and seeds, then cut crosswise into 1-inch strips.
- Cut the **mushrooms** into bite-sized pieces.
- Roughly chop the **peanuts**.
- In a separate bowl, whisk together the **honey** (kneading the packet before opening), **soy sauce**, **¼ cup of warm water**, and **as much of the curry paste as you'd like**, depending on how spicy you'd like the dish to be.



3 Cook the vegetables

- In a large pan (nonstick, if you have one), heat the **sesame oil** on medium-high until hot.
- Add the **chopped ginger**, **pepper pieces**, and **mushroom pieces**; season with salt and pepper. Cook, stirring frequently, 5 to 7 minutes, or until softened.
- Transfer to a bowl and stir in the **sesame seeds**. Cover with foil to keep warm.
- Wipe out the pan.



4 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 browned. Flip and cook 2 to 3 minutes, or until lightly browned.
- Add the **glaze** (carefully, as the liquid may splatter). Cook, constantly 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 **cooked rice** and **cooked vegetables**. Garnish with the **chopped peanuts**. Enjoy!



↩ CUSTOMIZED STEP 4

If you chose Salmon

- Pat the **salmon** dry with paper towels; season with salt and pepper on both sides.
- In the same pan, heat a drizzle of **olive oil** on medium until hot.
- Add the **seasoned salmon**, skin side up. Loosely cover the pan with foil and cook 3 to 5 minutes, or until browned. Flip and cook 1 to 2 minutes, or until lightly browned.
- Add the **glaze** (carefully, as the liquid may splatter). Cook, constantly spooning the glaze over the salmon, 1 to 2 minutes, or until the salmon is coated and cooked through. * Turn off the heat.
- Serve the **cooked salmon** (including any glaze from the pan) with the **cooked rice** and **cooked vegetables**. Garnish with the **chopped peanuts**. Enjoy!

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 **glaze** (carefully, as the liquid may splatter). Cook, stirring frequently, 1 to 2 minutes, or until the shrimp are coated, opaque, and cooked through. Turn off the heat.
- Serve the **cooked shrimp** (including any glaze from the pan) with the **cooked rice** and **cooked vegetables**. Garnish with the **chopped peanuts**. 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 Blue Apron app, then click on VIEW FULL NUTRITION. If you purchased this recipe outside of blueapron.com, nutrition information can be found on the retailer's product page. | Food safety handling information: 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.

Blue Apron, LLC, New York, NY 10005

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