

Togarashi Tilapia & Garlic Rice

with Marinated Cucumbers & Radishes

2 SERVINGS

⌚ 25-35 MINS

 **Blue Apron**

blueapron.com



Ingredients*

Customized ingredients

 2 Tilapia Fillets 

SWAPPED FOR:

 10 oz Tail-On Shrimp¹ 

 ½ cup Long Grain White Rice

 2 cloves Garlic

 3 oz Radishes

 2 Persian Cucumbers

 1 Tbsp Mirin²

 1 Tbsp Rice Vinegar

 1 Tbsp Sesame Oil

 1 Tbsp Vegetarian Ponzu Sauce

 2 Tbsps Mayonnaise

 1 Tbsp Sugar

 1 Tbsp Togarashi Seasoning³



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



16 Points[®] value per serving



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

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

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

1. peeled & deveined 2. salted cooking wine 3. Sweet Paprika, Hot Paprika, Dried Orange Peel, Poppy Seeds, White Sesame Seeds & Black Sesame Seeds
*Ingredients may be replaced and quantities may vary.

Learn more at 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 Points™?** Choose nonstick cooking spray (0 Points™) instead of olive oil (1 Points™ value per teaspoon) to coat your pan before heating. To learn more about WW's Points™ program, visit ww.com.

COOK ALONG WITH



"Alexa, find Blue Apron recipes."

1 Prepare the ingredients

- Wash and dry the fresh produce.
- Peel and roughly chop **2 cloves of garlic**.
- Medium dice the **cucumbers**.
- Halve the **radishes** lengthwise, then thinly slice crosswise.
- In a bowl, whisk together the **mayonnaise** and **ponzu sauce**.



2 Cook the rice

- Carefully rinse the **rice** (sifting through for any impurities). Drain thoroughly.
- In a small pot, combine the **rice**, **chopped garlic**, **a big pinch of salt**, and **1 cup 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. Stir in the **mirin**. Cover to keep warm.



3 Marinate the vegetables

- Meanwhile, in a medium bowl, whisk together the **sugar**, **vinegar**, and **sesame oil** until the sugar has dissolved.
- Add the **diced cucumbers** and **sliced radishes**; season with salt and pepper. Stir to combine.
- Set aside to marinate, stirring occasionally, at least 10 minutes. Taste, then season with salt and pepper if desired.



4 Cook the tilapia & serve your dish

- Meanwhile, pat the **tilapia** dry with paper towels. Season on both sides with salt, pepper, and **all but a pinch of the togarashi**.
- In a medium pan (nonstick, if you have one), heat a drizzle of **olive oil** on medium-high until hot.
- Add the seasoned tilapia. Cook 3 to 4 minutes per side, or until browned and cooked through.*
- Turn off the heat.
- Serve the **cooked rice** topped with the **cooked tilapia** and **marinated vegetables** (including any liquid). Drizzle with the **ponzu mayo** and garnish with the **remaining togarashi**. Enjoy!



↻ CUSTOMIZED STEP 4 If you chose Shrimp

- Meanwhile, pat the **shrimp** dry with paper towels (remove the tails if desired); place in a bowl. Season with salt, pepper, and **all but a pinch of the togarashi**; toss to coat.
- In a medium pan (nonstick, if you have one), heat a drizzle of **olive oil** on medium-high until hot.
- Add the seasoned shrimp. Cook, stirring occasionally, 4 to 5 minutes, or until opaque and cooked through.
- Turn off the heat.
- Serve the **cooked rice** topped with the **cooked shrimp** and **marinated vegetables** (including any liquid). Drizzle with the **ponzu mayo** and garnish with the **remaining togarashi**. 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.

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