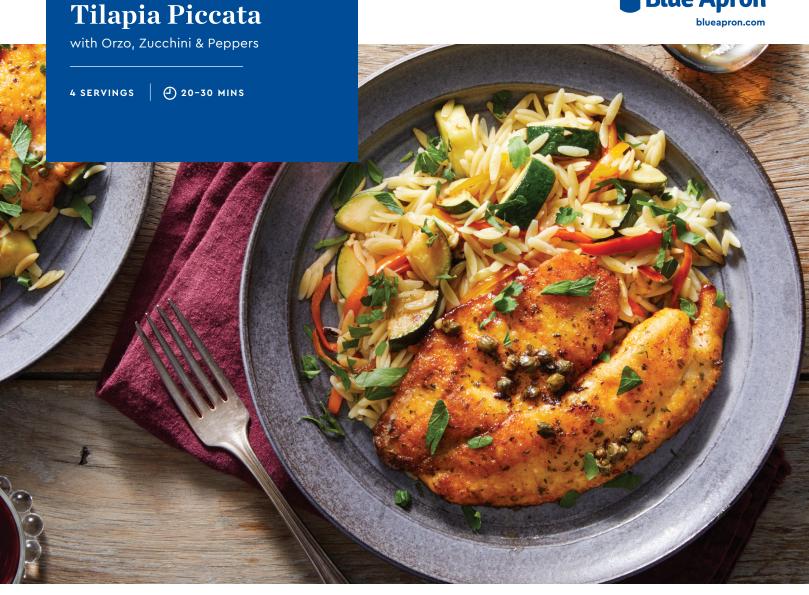


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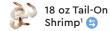


Ingredients*

Customized ingredients



SWAPPED FOR:









2 cloves Garlic



2 Bell Peppers



1 bunch Parsley



1 Tbsp Capers



1 Lemon



1 oz Salted Butter



2 Tbsps Crème Fraîche



1 Tbsp Weeknight Hero Spice Blend²



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

Cook along on the app

The Blue Apron app doesn't just help you manage and track your weekly deliveries—it's also a hub for cooking inspiration! Browse our thousands of recipes, watch how-to videos, and cook along to your weekly recipes with step-by-step directions tailored to your meal's preferences. Download it from the App Store or Google Play today.



"Alexa, find Blue Apron recipes."

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, 8 to 10 minutes, or until tender. Turn off the heat.
- · Drain thoroughly and return to the pot.



3 Cook the vegetables & finish the pasta

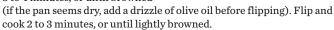
- Meanwhile, in a large pan (nonstick, if you have one), heat a drizzle of olive oil on medium-high until hot.
- Add the zucchini pieces, sliced peppers, and chopped garlic; season with salt and pepper. Cook, stirring occasionally, 2 to 3 minutes, or until slightly softened. Turn off the heat.



- 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.

4 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
- Add the seasoned tilapia. Cook 3 to 4 minutes, or until 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 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, opaque, and cooked through.
- Turn off the heat.
- Serve the cooked shrimp and sauce over the finished pasta. Garnish with the chopped parsley. Enjoy!

Produced in a facility that processes crustacean shellfish, egg, fish, milk, peanuts, soy, tree nuts, sesame, and wheat

*The USDA recommends a minimum safe cooking temperature of 145°F for fish





