

Tilapia Piccata

with Orzo, Zucchini & Peppers

4 SERVINGS

⌚ 20-30 MINS

 **Blue Apron**
blueapron.com






Ingredients*

Customized ingredients

 4 Tilapia Fillets 


SWAPPED FOR:

 18 oz Tail-On Shrimp¹ 

 ½ lb Orzo Pasta

 2 Zucchini


 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
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.

¹ peeled & deveined ² Onion Powder, Garlic Powder, Smoked Paprika & Whole Dried Parsley
*Ingredients may be replaced and quantities may vary.



"Alexa, find Blue Apron recipes."

1 Prepare the ingredients

- Fill a large pot $\frac{3}{4}$ 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 $\frac{1}{2}$ -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 until hot.
- Add the **seasoned tilapia**. Cook 3 to 4 minutes, or until browned (if the pan seems dry, add a drizzle of olive oil before flipping). Flip and cook 2 to 3 minutes, or until lightly 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!

*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, sesame, and wheat.
Blue Apron, LLC, New York, NY 10005

Share your photos with #blueapron

