

# Sweet Chili Tilapia & Sesame Breadcrumbs

with Garlic Rice & Mushrooms

4 SERVINGS

⌚ 30-40 MINS

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## Ingredients\*


Customized ingredients


 4 Tilapia Fillets 


### SWAPPED FOR:

 18 oz Tail-On Shrimp<sup>1</sup> 

 1 cup Long Grain White Rice

 ¼ cup Panko Breadcrumbs


 ½ lb Mushrooms

 ¾ lb Green Beans

 2 cloves Garlic

 2 Scallions


 1 Lime


 1 oz Salted Butter

 1 Tbsp Sesame Oil

 2 Tbsps Soy Sauce

 1 Tbsp Sambal Oelek

 ¼ cup Sweet Chili Sauce

 1 tsp Black & White Sesame Seeds

## Cook along on the app



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<sup>1</sup>. 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 any stem ends from the **green beans**.
- 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 Cook the 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** and **green beans** in an even layer. Cook, without stirring, 3 to 4 minutes, or until lightly browned.
- Add the **sliced white bottoms of the scallions**; season with salt and pepper. Cook, stirring occasionally, 4 to 5 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 **glaze** (carefully, as the liquid may splatter) and **butter**. 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!



## 5 CUSTOMIZED STEP 5 If you chose Shrimp

- Pat the **shrimp** dry with paper towels (remove the tails if desired). Season with salt and pepper. Stir to coat.
- In the same pan, heat a drizzle of **olive oil** on medium-high until hot.
- Add the **seasoned shrimp**. Cook, stirring occasionally, 3 to 4 minutes, or until slightly opaque.
- Add the **glaze** (carefully, as the liquid may splatter) and **butter**. Cook, stirring frequently, 1 to 2 minutes, or until the shrimp is coated, 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, sesame, and wheat.  
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