

# Yuzu & Soy-Glazed Tilapia

with Aromatic Rice, Green Beans & Sesame Seeds

2 SERVINGS

⌚ 20-30 MINS

 **Blue Apron**  
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## Ingredients\*

Customized ingredients


 2 Tilapia Fillets 


SWAPPED FOR:


 10 oz Tail-On Shrimp 

 ½ cup Long Grain White Rice

 6 oz Green Beans


 1 oz Salted Butter

 3 Tbsps East Asian-Style Sautéed Aromatics

 1 Tbsp Yuzu Kosho

 2 Tbsps Soy Glaze

 1 Tbsp Vegetarian Ponzu Sauce

 1 tsp Black & White Sesame Seeds



Serve with Blue Apron wine that has this symbol  
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1. peeled & deveined

\*Ingredients may be replaced and quantities may vary.



"Alexa, find Blue Apron recipes."

## 1 Make the aromatic rice

- Carefully rinse the **rice** (sifting through for any impurities). Drain thoroughly.
- In a medium pot, heat the **sautéed aromatics** on medium-high until hot.
- Add the **rice**. Cook, stirring frequently, 1 to 2 minutes, or until lightly toasted.
- Add a **big pinch of salt** and **1 cup of water** (carefully, as the liquid may splatter). 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.



## 2 Prepare the ingredients & make the glaze

- Meanwhile, wash and dry the **green beans**; cut off and discard any stem ends.
- In a bowl, whisk together the **soy glaze**, **yuzu kosho**, and **1 tablespoon of water**.



## 3 Cook & finish the green beans

- In a medium pan (nonstick, if you have one), heat a drizzle of **olive oil** on medium-high until hot.
- Add the **green beans** in an even layer. Cook, without stirring, 2 to 3 minutes, or until lightly browned. Season with salt and pepper.
- Continue to cook, stirring occasionally, 3 to 4 minutes, or until softened.
- Transfer to a bowl; add the **ponzu sauce** and stir to coat. 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 lightly browned. Flip and cook 1 to 2 minutes.
- Add the **butter** and **glaze** (carefully, as the liquid may splatter). Cook, frequently 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 **aromatic rice** and **finished green beans**. Garnish with the **sesame seeds**. Enjoy!



## CUSTOMIZED STEP 4 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 **butter** and **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 **aromatic rice** and **finished green beans**. Garnish with the **sesame seeds**. 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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