

Togarashi-Spiced Tilapia & Jade Pearl Rice

with Black Radish, Shiso, Tomato & Cucumber Salad

Togarashi is the Japanese word for “chile,” and it can refer to almost any kind of spicy pepper. For this dish, we’ve selected a blend of powdered togarashi called “nanami togarashi.” It’s a lightly spicy, nuanced mix of red chiles, ground ginger, orange peel, nori and sesame seeds. You’ll coat the tilapia in it, then sear the fillets in a hot pan, releasing all the fragrance and flavor of this traditional, Japanese seasoning.



Ingredients

- 2 Tilapia Fillets
- 1 Cup Jade Pearl Rice
- 1 Black Radish
- 1 Kirby Cucumber
- 1 Tomato

Knick Knacks

- 2 Shiso Leaves
- 1 1-Inch Piece Ginger
- 1 Tablespoon Rice Vinegar
- 1 Tablespoon Sesame Oil
- 1 Tablespoon Soy Sauce
- 1 Teaspoon Togarashi

Makes 2 Servings

About 500 Calories Per Serving



Instructions

For cooking tips & tablet view visit blueapron.com/recipes/446

1



Cook the rice:

In a medium pot, combine the **rice**, a **big pinch of salt** and **1½ cups of water**. Heat to boiling on high. Once boiling, cover, reduce the heat to low and simmer 18 to 22 minutes, or until the water is absorbed. Remove from heat; fluff the finished rice with a fork.

2



Prepare the ingredients:

While the rice cooks, wash and dry the fresh produce. Peel and mince the ginger. Slice the radish into thin rounds, then cut into matchsticks; place in a bowl of ice water. Thinly slice the shiso leaves. Slice the cucumber lengthwise; using a spoon, scoop out and discard the seeds. Thinly slice the cucumber on an angle. Cut the tomato into wedges.

3



Make & dress the salad:

While the rice continues to cook, in a medium bowl, combine the **ginger**, **tomato**, **cucumber**, **radish** (drain before adding) and **all but a pinch of the shiso leaves** (save the rest for garnish). Add the **soy sauce**, **rice vinegar** and **half the sesame oil**. Toss gently to coat and season with salt and pepper to taste. Let stand as you continue cooking.

4



Cook the fish:

Season the **tilapia** with salt and pepper on both sides. Sprinkle 1 side of each fillet with **as much of the togarashi as you'd like**, depending on how spicy you'd like the fish to be. In a medium pan (nonstick, if you have one), heat 2 teaspoons of oil and **as much of the remaining sesame oil as you'd like** (you may have extra) on medium-high until hot. Add the coated fish, togarashi-seasoned side down first. Cook 2 to 4 minutes per side, or until cooked through.

5



Plate your dish:

Divide the **cooked rice**, **fish** and **salad** between 2 plates. Top each serving of rice and fish with a spoonful of the **dressing** from the bottom of the salad bowl. Garnish with the **remaining shiso**. Enjoy!