

Tilapia & Creamy Curry Sauce

with Sesame & Bok Choy Rice

2 SERVINGS

⌚ 20-30 MINS

 **Blue Apron**
blueapron.com





 IF YOU CHOSE A CUSTOMIZED OPTION, visit the Current tab in the Blue Apron app or at blueapron.com for ingredients (denoted with an ) and instructions tailored to you.*

Ingredients


Customized ingredients

 2 Tilapia Fillets 


SWAPPED FOR:

 10 oz Sea Scallops 

 3 Tbsps Ranch Dressing

 3 Tbsps Roasted Peanuts


 ½ cup Long Grain White Rice


 10 oz Baby Bok Choy

 1 Tbsp Yellow Curry Paste

 2 tsps Vadouvan Curry Powder

 2 cloves Garlic

 ¼ cup Rice Flour

 1 Tbsp Sesame Oil



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.

*Ingredients may be replaced and quantities may vary.



"Alexa, find Blue Apron recipes."

1 Cook the rice

- Carefully rinse the **rice** (sifting through for any small stones or impurities). Drain thoroughly.
- In a small pot, combine the **rice**, a **big pinch of salt**, and **1 cup 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. Cover to keep warm.



2 Prepare the ingredients

- Meanwhile, wash and dry the **bok choy**; cut off and discard the root ends, then thinly slice.
- Peel and roughly chop **2 cloves of garlic**.
- Roughly chop the **peanuts**.



3 Cook the bok choy

- In a medium pan (nonstick, if you have one), heat **2 teaspoons of olive oil** on medium-high until hot.
- Add the **sliced bok choy** and **chopped garlic**; season with salt and pepper. Cook, stirring frequently, 2 to 3 minutes, or until softened and the bok choy leaves are wilted.
- Transfer to a large bowl and cover with foil to keep warm.
- Wipe out the pan.



4 Coat & cook the tilapia

- Place the **flour** and **curry powder** on a large plate; season with salt and pepper. Stir to combine.
- Pat the **tilapia** dry with paper towels; season with salt and pepper on both sides.
- Working one piece at a time, thoroughly coat the **seasoned tilapia** in the **seasoned flour**.
- In the same pan, heat a thin layer of oil on medium-high.
- Once the oil is hot enough that a pinch of flour sizzles immediately when added, add the **coated tilapia** (tapping off any excess flour before adding). Cook 3 to 4 minutes per side, or until browned and cooked through.*
- Turn off the heat.



↩ CUSTOMIZED STEP 4 If you chose Scallops

- Pat the **scallops** dry with paper towels. Using your hands, remove and discard the tough side muscle from each scallop. Season on both sides with salt, pepper, and enough of the **curry powder** to coat (you'll omit the **flour** for scallops).
- In the same pan, heat **2 teaspoons of olive oil** on medium-high until hot.
- Add the seasoned scallops in an even layer. Cook 4 to 5 minutes, or until lightly browned. Flip and cook 1 to 2 minutes, or until lightly browned and cooked through.
- Turn off the heat.

5 Make the sauce & serve your dish

- Meanwhile, in a bowl, combine the **ranch dressing**, **1 teaspoon of water**, and as much of the **curry paste** as you'd like, depending on how spicy you'd like the dish to be.
- To the bowl of **cooked bok choy**, add the **cooked rice** and **sesame oil**; season with salt and pepper. Stir to combine.
- Serve the **finished bok choy rice** topped with the **cooked tilapia** and **sauce**. Garnish with the **chopped peanuts**. Enjoy!



↩ CUSTOMIZED STEP 5 If you chose Scallops

- Make the sauce and serve your dish as directed with the **cooked scallops** (instead of tilapia).

*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. 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, and wheat.

Blue Apron, LLC, New York, NY 10005

[f](#) [t](#) [@](#) Share your photos with #blueapron

