

Orange & Brown Butter Tilapia

with Collard Greens & Brown Rice

2 SERVINGS

⌚ 30-40 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:


 2 Skin-On Steelhead Trout Fillets 

 1 Navel Orange

 2 Tbsps Raw Pepitas

 ½ cup Brown Rice

 2 cloves Garlic

 1 oz Salted Butter

 1 Tbsp Mexican Spice Blend¹

 6 oz Collard Greens

 1 oz Sliced Pickled Jalapeño Pepper

 1 Tbsp Honey



Serve with Blue Apron wine that has this symbol
blueapron.com/wine



9 - 18 PersonalPoints™ range per serving

Now your Points value is personalized to YOU! It could be between 9-18 Points. Scan the barcode to see yours!



Scan this barcode in your WW app to track PersonalPoints. Wine is not included in PersonalPoints as packaged. Skip adding salt during prep and cooking, and see nutrition info for sodium as packaged. Choose nonstick cooking spray (0 PersonalPoints) instead of olive oil (1 PersonalPoint per teaspoon) to coat your pan before heating.

If you customized this recipe, your PersonalPoints may differ from what's above.

To learn more about the (NEW!) WW PersonalPoints™ program, visit www.ww.com. The WW logo, PersonalPoints and myWW are the trademarks of WW International, Inc. and are used under license by Blue Apron, LLC.

1. Ancho Chile Powder, Smoked Paprika, Garlic Powder, Ground Cumin & Dried Mexican Oregano
*Ingredients may be replaced and quantities may vary.

Learn more at blueapron.com/pages/wellness

COOK ALONG WITH



"Alexa, find Blue Apron recipes."

1 Prepare the ingredients

- Remove the **honey** from the refrigerator to bring to room temperature.
- Fill a medium pot $\frac{3}{4}$ of the way up with salted water; cover and heat to boiling on high.
- Wash and dry the fresh produce.
- Peel and roughly chop **2 cloves of garlic**.
- Separate the **collard green** leaves from the stems; discard the stems, then thinly slice the leaves.
- Halve the **orange** crosswise; squeeze the juice into a bowl.
- Roughly chop the **pepper**. Thoroughly wash your hands immediately after handling.



2 Cook the rice

- Add the **rice** to the pot of boiling water and cook, uncovered, 17 to 19 minutes, or until tender. Turn off the heat.
- Drain thoroughly and return to the pot.



3 Cook the collard greens

- Meanwhile, in a medium pan (nonstick, if you have one), heat **2 teaspoons of olive oil** on medium-high until hot.
- Add the **chopped garlic**. Cook, stirring constantly, 30 seconds to 1 minute, or until slightly softened.
- Add the **sliced collard greens** and **as much of the chopped pepper as you'd like**, depending on how spicy you'd like the dish to be; season with salt and pepper. Cook, stirring occasionally, 2 to 3 minutes, or until the collard greens are slightly wilted.
- Add $\frac{1}{2}$ **cup of water** (carefully, as the liquid may splatter); season with salt and pepper. Cook, stirring occasionally, 4 to 6 minutes, or until the collard greens are wilted and the water has cooked off.
- Transfer to a bowl. Taste, then season with salt and pepper if desired. Cover with foil to keep warm.
- Wipe out the pan.



4 Cook the fish

- Pat the **fish** dry with paper towels. Season on both sides with salt, pepper, and enough of the **spice blend** to coat (you may have extra).
- In the same pan, heat **2 teaspoons of olive oil** on medium-high until hot.
- Add the seasoned fish. Cook 3 to 4 minutes per side, or until browned and cooked through.*
- Leaving any browned bits (or fond) in the pan, transfer to a plate.



CUSTOMIZED STEP 4 If you chose Trout

- Pat the **fish** dry with paper towels; season only on the skinless side with salt, pepper, and enough of the **spice blend** to coat (you may have extra).
- In the same pan, heat **2 teaspoons of olive oil** on medium-high until hot.
- Add the seasoned fish, skin side down. Cook 5 to 7 minutes, or until the skin is browned and crispy.
- Flip and cook 1 to 2 minutes, or until lightly browned and cooked through.*
- Leaving any browned bits (or fond) in the pan, transfer to a plate.

5 Make the pan sauce & serve your dish

- In the pan of reserved fond, heat the **butter** and **pepitas** on medium-high until the butter is melted.
- Once melted, cook, stirring constantly and scraping up any fond, 1 to 2 minutes, or until the foam subsides and the butter is fragrant (it should smell nutty and toasted). Season with salt and pepper.
- Add the **orange juice** (carefully, as the liquid may splatter) and **honey** (kneading the packet before opening). Cook, stirring constantly, 30 seconds to 1 minute, or until the liquid is slightly reduced in volume.
- Turn off the heat. Taste, then season with salt and pepper if desired.
- Serve the **cooked fish** with the **cooked rice** and **cooked collard greens**. Top the fish with the **pan sauce**. Enjoy!



*The USDA recommends a minimum safe cooking temperature of 145°F for fish.