Thai-Style Glazed Tilapia

with Sautéed Vegetables & Crispy Onions

2 SERVINGS | ⏱ **25–35 MINS**

Blue Apron

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Ingredients

Customized ingredients

- 2 Tilapia Fillets 🔄

SWAPPED FOR:

- 2 Skin-On Salmon Fillets 🔄

- 1 Tbsp Yellow Curry Paste
- ⅓ cup Crispy Onions
- 3 Tbsps Roasted Peanuts

- ½ cup Long Grain White Rice
- 6 oz Green Beans
- 1 Tbsp Soy Sauce
- 1 Tbsp Honey
- 1 tsp Black & White Sesame Seeds

- 1 Bell Pepper
- 1 piece Ginger
- 1 Tbsp Sesame Oil
- ¼ cup Rice Flour

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*Ingredients may be replaced and quantities may vary.

alexa

"Alexa, find Blue Apron recipes."

1 Cook the rice

- Remove the **honey** from the refrigerator to bring to room temperature.
- Carefully rinse the **rice** (sifting through for any impurities). Drain thoroughly.
- In a medium 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.

2 Prepare the ingredients & make the glaze

- Meanwhile, wash and dry the fresh produce.
- Peel the **ginger**; finely chop to get 2 teaspoons (you may have extra).
- Cut off and discard the stem of the **pepper**. Quarter lengthwise; remove the ribs and seeds, then cut crosswise into 1-inch pieces.
- Cut off and discard any stem ends from the **green beans**.
- Roughly chop the **peanuts**; place in a bowl. Add the **crispy onions** and stir to combine.
- In a separate bowl, whisk together the **honey** (kneading the packet before opening), **soy sauce**, **¼ cup of warm water**, and **as much of the curry paste as you'd like**, depending on how spicy you'd like the dish to be.

3 Cook the vegetables

- In a large pan (nonstick, if you have one), heat the **sesame oil** on medium-high until hot.
- Add the **chopped ginger**, **pepper pieces**, and **green beans**; season with salt and pepper. Cook, stirring frequently, 5 to 7 minutes, or until softened.
- Transfer to a bowl and stir in the **sesame seeds**. Cover with foil to keep warm.
- Wipe out the pan.

4 Cook the fish & serve your dish

- Pat the **fish** dry with paper towels; season with salt and pepper on both sides.
- Place the **flour** on a large plate.
- Working one piece at a time, thoroughly coat the seasoned fish in the flour.
- In the same pan, heat a drizzle of **olive oil** on medium-high until hot.
- Add the **coated fish** (tapping off any excess flour before adding). Cook 3 to 4 minutes, or until browned. Flip and cook 2 to 3 minutes, or until lightly browned.
- Add the **glaze** (carefully, as the liquid may splatter). Cook, constantly spooning the glaze over the fish, 1 to 2 minutes, or until the fish is coated and cooked through.* Turn off the heat.
- Serve the **cooked fish** (including any glaze from the pan) with the **cooked rice** and **cooked vegetables**. Garnish the fish with the **peanut-onion mixture**. Enjoy!

CUSTOMIZED STEP 4 *If you chose Salmon*

- Pat the **fish** dry with paper towels; season with salt and pepper on both sides (you'll omit the **flour** for salmon).
- In the same pan, heat a drizzle of **olive oil** on medium until hot.
- Add the **seasoned fish**, skin side up. Loosely cover the pan with foil. Cook 3 to 5 minutes on the first side, or until lightly browned. Flip and cook 1 to 2 minutes, or until lightly browned.
- Add the **glaze** (carefully, as the liquid may splatter). Cook, constantly spooning the glaze over the fish, 1 to 2 minutes, or until the fish is coated and cooked through.* Turn off the heat.
- Serve the **cooked fish** (including any glaze from the pan) with the **cooked rice** and **cooked vegetables**. Garnish the fish with the **peanut-onion mixture**. Enjoy!