

# **INGREDIENTS**

2 PERSON | 4 PERSON



Green Bell Pepper



1 2



Veggie Stock Concentrate



1 TBSP | 2 TBSP Blackening Spice



Scallions



1 Clove 2 Cloves Garlic



Kidney Beans



1/2 Cup | 1 Cup Jasmine Rice



1 tsp | 2 tsp Smoked Paprika



11 oz | 22 oz Tilapia Contains: Fish



11/2 TBSP | 3 TBSP

Sour Cream Contains: Milk

1 tsp | 2 tsp

Hot Sauce



ANY ISSUES WITH YOUR ORDER? WE'D BE SIMMERING LIKE STEW OVER THERE TOO. SCAN HERE TO GET HELP!

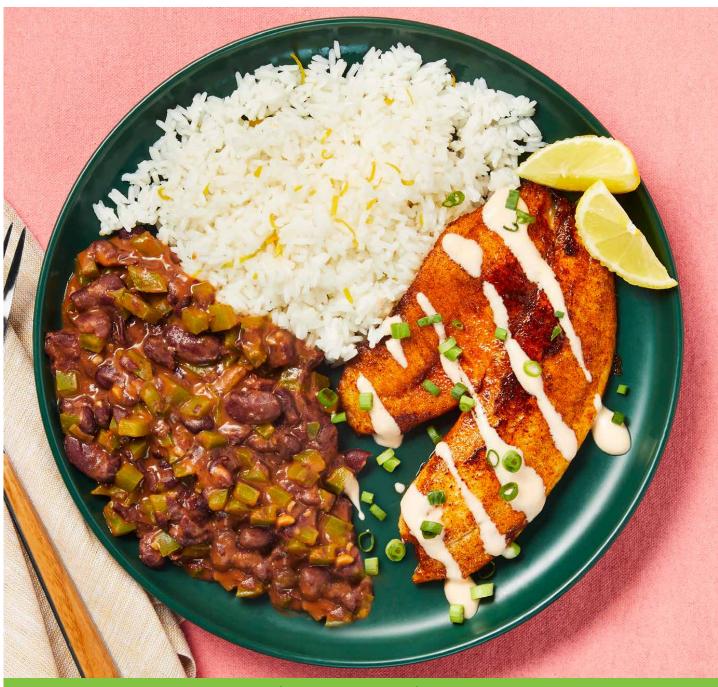
# **HELLO**

# **BLACKENING SPICE**

Our blend of smoked paprika, garlic, oregano, and thyme gives tilapia a bold kick!

# **CAJUN-STYLE BLACKENED TILAPIA**

with Red Beans & Lemon Rice



PREP: 10 MIN COOK: 35 MIN CALORIES: 820



#### **GO FISH**

If your tilapia starts to char on the surface before it's done in the center, simply lower the heat. That way, the fish will cook more gently and evenly.

## **BUST OUT**

- Zester
- Paper towels
- Strainer
- Large pan
- Small pot
- Small bowl
- Medium pot
- Kosher salt
- · Black pepper
- Olive oil (2 tsp | 2 tsp)
- Cooking oil (2 tsp | 2 tsp)
- Butter (2 TBSP | 3 TBSP)

  Contains: Milk

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#### 1 PREP

- · Wash and dry produce.
- Core, deseed, and finely dice bell pepper. Trim and thinly slice scallions, separating whites from greens. Peel and mince garlic. Zest and quarter lemon (for 4 servings, zest one lemon and quarter both).
   Drain and rinse beans.



#### **2 COOK RICE**

- In a small pot, combine rice, ¾ cup water (1½ cups for 4 servings), and a big pinch of salt. Bring to a boil, then cover and reduce to a low simmer.
   Cook until rice is tender, 15-18 minutes.
- Keep covered off heat until ready to serve.



## **3 COOK VEGGIES**

- Meanwhile, heat a large drizzle of olive oil in a medium pot over medium-high heat. Add bell pepper and scallion whites; cook, stirring occasionally, until slightly softened, 4-5 minutes.
- Stir in garlic; cook until fragrant, 30 seconds.



#### **4 SIMMER BEANS**

- Stir beans, stock concentrate, paprika, ½ cup water (½ cup for 4 servings), and a big pinch of salt and pepper into pot with veggies. Bring mixture to a simmer, then reduce heat to low. Cook until thickened, 7-8 minutes.
- Turn off heat; stir in 1 TBSP butter and season with salt and pepper. Cover to keep warm.



#### **5 COOK FISH**

- Meanwhile, pat tilapia\* dry with paper towels; season all over with salt and pepper. Rub both sides of each fillet with Blackening Spice.
- Heat a large drizzle of oil in a large, preferably nonstick, pan over mediumhigh heat. Add tilapia and cook until browned and cooked through, 4-6 minutes per side.



## 6 FINISH & SERVE

- In a small bowl, combine sour cream with hot sauce to taste. Add water
   1 tsp at a time until mixture reaches a drizzling consistency. Season crema with salt and pepper.
- Fluff rice with a fork; stir in lemon zest and 1 TBSP butter (2 TBSP for 4 servings). Season with salt and pepper.
- Divide rice, beans, and tilapia between plates. Top tilapia with crema and scallion greens. Serve with lemon wedges on the side.