



CAJUN-STYLE BLACKENED TILAPIA

with Red Beans & Lemon Rice

INGREDIENTS

2 PERSON | 4 PERSON



1 | 2
Green Bell
Pepper



2 | 4
Scallions



1 Clove | 2 Cloves
Garlic



1 | 2
Lemon



1 | 2
Kidney Beans



½ Cup | 1 Cup
Jasmine Rice



1 | 2
Veggie Stock
Concentrate



1 tsp | 2 tsp
Smoked Paprika



11 oz | 22 oz
Tilapia
Contains: Fish



1 TBSP | 2 TBSP
Blackening Spice



1½ TBSP | 3 TBSP
Sour Cream
Contains: Milk



1 tsp | 2 tsp
Cholula®
Hot Sauce



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



HelloCustom

2 PERSON | 4 PERSON

If you chose to modify your meal, follow the
HelloCustom instructions on the flip side of this card.



12 oz | 24 oz
Cauliflower Rice

Calories: 710



PREP: 10 MIN | COOK: 35 MIN | CALORIES: 820



CHOLULA® HOT SAUCE

Cholula® Hot Sauce features arbol and piquin peppers and a blend of signature spices that deliver unique flavor with the right amount of fiery heat.



HELLO

BLACKENING SPICE

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

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) (1 tsp | 1 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**.



4 SIMMER BEANS

- Stir **beans**, **stock concentrate**, **paprika**, $\frac{1}{4}$ **cup water** ($\frac{1}{2}$ 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.



2 COOK RICE

- In a small pot, combine **rice**, $\frac{3}{4}$ **cup water** ($1\frac{1}{2}$ 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.
- ⚡ Heat a **drizzle of oil** in a small pot over medium-high heat. Add **cauliflower rice** (no need to drain), **salt**, and **pepper**. Cook, stirring occasionally, until tender and any excess liquid has absorbed, 6-8 minutes. Keep covered off heat until ready to serve. (Save **jasmine rice** for another use.)



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 medium-high heat. Add tilapia and cook until browned and cooked through, 4-6 minutes per side.



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.



6 FINISH & SERVE

- In a small bowl, combine **sour cream** with **Cholula® 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.

*Tilapia is fully cooked when internal temperature reaches 145°.