



# 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  
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



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, ¼ cup water** (⅓ 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, 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.
- ↻ 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 **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°.