



CAJUN-STYLE BLACKENED TILAPIA

with Red Beans and Lemon Rice



HELLO
REGAL SPRINGS® TILAPIA
Sustainable and all-natural fish that's as easy to prepare as it is nutritious and delicious

PREP: 10 MIN | TOTAL: 35 MIN | CALORIES: 790



Bell Pepper*



Garlic



Jasmine Rice



Regal Springs® Tilapia
(Contains: Fish)



Lemon



Sour Cream
(Contains: Milk)



Scallions



Kidney Beans



Veggie Stock Concentrate



Smoked Paprika



Blackening Spice



Hot Sauce

*Your bell pepper may be orange, yellow, or red. No matter what the color, it will still be delicious!

START STRONG

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
- Large pan
- Strainer
- Small bowl
- Small pot
- Kosher salt
- Medium pot
- Black pepper
- Paper towels
- Vegetable oil (2 tsp | 2 tsp)
- Olive oil (2 tsp | 2 tsp)
- Butter (2 TBSP | 3 TBSP)
(Contains: Milk)

INGREDIENTS

Ingredient **2-person** | **4-person**

- Bell Pepper 1 | 2
- Scallions 2 | 4
- Garlic 2 Cloves | 4 Cloves
- Lemon 1 | 2
- Kidney Beans 13.4 oz | 26.8 oz
- Jasmine Rice ½ cup | 1 cup
- Veggie Stock Concentrate 1 | 2
- Smoked Paprika 1 tsp | 2 tsp
- Regal Springs® Tilapia* 11 oz | 22 oz
- Blackening Spice 1 TBSP | 2 TBSP
- Sour Cream 2 TBSP | 4 TBSP
- Hot Sauce 1 tsp | 2 tsp

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

WINE CLUB

Pair this meal with a HelloFresh Wine matching this icon.

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1 PREP

Wash and dry all produce. Core, deseed, and finely dice **bell pepper**. Trim and thinly slice **scallions**, separating whites from greens. Mince **garlic**. Zest and quarter **lemon** (quarter both lemons for 4 servings). Drain and rinse **beans**.



4 SIMMER BEANS

Stir **beans, stock concentrate, smoked paprika, ¼ cup water** (⅓ cup for 4 servings), and a large pinch of **salt and pepper** into pot with **veggies**. Bring mixture to a low 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.



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** and cook until fragrant, 30 seconds to 1 minute.



6 FINISH AND SERVE

In a small bowl, combine **sour cream** and **hot sauce** to taste. Add **water** 1 tsp at a time until mixture reaches a drizzling consistency. Season 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 with **crema** and **scallion greens**. Serve with **lemon wedges** on the side.

SUNNY BUSINESS

Mixing lemon zest into rice adds a light, bright note. Next time, try stirring in some lime zest!

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