

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





Scallions













Lemon



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

PREP: 10 MIN TOTAL: 35 MIN CALORIES: 790



Kidney Beans



Veggie Stock Concentrate

Smoked Paprika

Tilapia

Blackening Spice

35.13 CAJUN-STYLE BLACKENED TILAPIA_NJ.indd 1 8/8/19 2:42 PM

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)

INGREDIENTS

Ingredient 2-person | 4-person

 Bell Pepper 1 | 2 2 | 4 Scallions

2 Cloves | 4 Cloves Garlic

1 | 2 Lemon

 Kidnev Beans 13.4 oz | 26.8 oz

 Jasmine Rice 1/2 cup | 1 cup

 Veggie Stock Concentrate 1 | 2

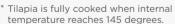
· Smoked Paprika 1tsp | 2tsp

• Regal Springs® Tilapia* 11 oz | 22 oz

1 TBSP | 2 TBSP · Blackening Spice

2 TBSP | 4 TBSP Sour Cream

 Hot Sauce 1tsp | 2tsp



WINE CLUB

Pair this meal with a HelloFresh Wine matching this icon.









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.



SIMMER BEANS Stir beans, stock concentrate, smoked paprika, ¼ cup water (1/3 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.



COOK RICE In a small pot, combine rice, 34 cup water (11/2 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.



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.



COOK VEGGIES Meanwhile, heat a large drizzle of olive oil in a medium pot over mediumhigh 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.



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!

Share your #HelloFreshPics with us! | (646) 846-3663 HelloFresh.com | hello@hellofresh.com