



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!

HELLO

BLACKENING SPICE

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

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, ¼ 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 medium-high 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.

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