



## BLACKENED TILAPIA

with Charred Pineapple Salsa, Jalapeño & Zesty Rice

### WHAT WE SEND (2 servings | 4 servings)

\* Keep refrigerated



**Tilapia \***

(1 | 2)

Contains: Fish



**Pineapple Cup**

(1 | 2)



**Lime \***

(1 | 2)



**Roma Tomato \***

(1 | 2)



**Red Onion**

(1 | 2)



**Blackening Spice**

(1 | 1)



**White Rice**

(1 | 2)



**Long Green Pepper \***

(1 | 2)



**Jalapeño \***

(1 | 1)



**Sour Cream \***

(1 | 2)

Contains: Milk

#### WHAT YOU'LL NEED

**Kosher Salt**  
**Black Pepper**

**Butter**

(1 TBSP | 1 TBSP)

Contains: Milk

**Vegetable Oil**

(1 TBSP | 2 TBSP)

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## CHEF'S TIP

If you have a fish spatula, whip it out to flip your tilapia in step 5. This super spatula (now *that's* a comic book series we'd love to see) has a thin, flexible edge and enough heft to flip delicate items (like those aforementioned fillets) with ease. Psst—if you don't have one, simply grab your largest spatula! No fishy fatalities here.

1.



**Wash and dry all produce.** Place **rice** in a fine-mesh sieve and rinse until water runs clear. Add to a small pot with **1 cup water** (**2 cups for 4 servings**) and a big pinch of **salt**. Bring to a boil, then cover and reduce heat to low. Cook until rice is tender, 15 minutes. Keep covered off heat for at least 10 minutes or until ready to serve.

2.



While rice cooks, drain **pineapple** (**save the juice for adding to cocktails or smoothies!**). Halve, core, and thinly slice **green pepper** crosswise into strips. Halve, peel, and thinly slice **onion**; finely chop a few slices until you have 2 TBSP (**4 TBSP for 4 servings**). Dice **tomato**. Zest and halve **lime**. Finely chop **jalapeño**, removing ribs and seeds if you prefer less heat.

3.



Heat a **drizzle of oil** in a large pan over medium-high heat. Add **pineapple**; cook, stirring occasionally, until lightly charred, 3–4 minutes. Turn off heat; transfer to a small bowl. Wash out pan. Heat another **drizzle of oil** in same pan over medium-high heat. Add **green pepper** and **sliced onion**; season with **salt** and **pepper**. Cook, stirring, until softened, 7–8 minutes. (**If veggies begin to brown too quickly, add splashes of water as necessary.**) Turn off heat; remove from pan and set aside. Wash out pan.

4.



While veggies cook, to bowl with **charred pineapple**, add **tomato**, **chopped onion**, a squeeze of **lime juice**, and as much **jalapeño** as you'd like. Season with **salt** and **pepper**. In a separate small bowl, combine **sour cream**, a squeeze of **lime juice**, and **half the lime zest**. Stir in **water** 1 tsp at a time until mixture reaches a drizzling consistency. Season with **salt**.

5.



Pat **tilapia** dry with paper towels; season all over with **half the Blackening Spice** (**all the spice for 4 servings**), **salt**, and **pepper**. Heat a **drizzle of oil** in pan used for veggies over medium-high heat. Add tilapia and cook until lightly blackened and cooked through, 4–6 minutes per side (**for 4, you may need to work in two batches**). Turn off heat.

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

6.



Fluff **rice** with a fork; stir in **1 TBSP butter**, a pinch of **salt**, and **remaining lime zest**. Divide between plates. Arrange **tilapia** and **veggies** on top in their own sections. Top with **charred pineapple salsa** and **lime crema**. Cut **remaining lime** into wedges and serve on the side.

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