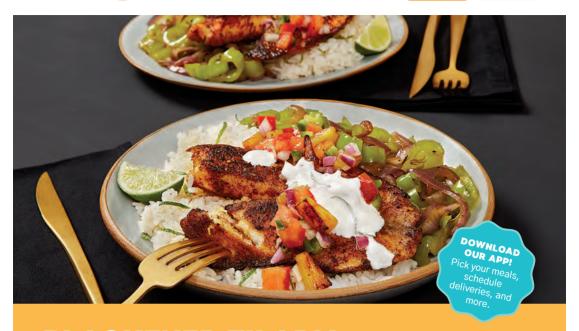
# **EveryPlate**

**10 MIN** 

**35 MIN** 



## **BLACKENED TILAPIA**

with Charred Pineapple Salsa, Jalapeño & Zesty Rice

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

**★ Keep refrigerated**



Tilapia <sup>6</sup> (1 | 2)Contains: Fish



Blackening **Spice** (1 | 1)



Pineapple Cup (1 | 2)



White Rice (1 | 2)



Lime\* (1 | 2)



Long Green Pepper\* (1 | 2)



Roma Tomato \* (1 | 2)



Jalapeño \* (1 | 1)



**Red Onion** (1 | 2)



Sour Cream \*

(1 | 2)Contains: Milk

#### WHAT YOU'LL NEED

Kosher Salt **Black Pepper**  Vegetable Oil (1 TBSP | 2 TBSP)

#### Butter

(1 TBSP | 1 TBSP) Contains: Milk

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# CHEF'S

If you have a fish spatula, whip it out to flip your tilapia in step 5. This super spatch (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.



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.



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.



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.



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.



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.



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.

Tilapia is fully cooked when internal temperature reaches 145 degrees.

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