

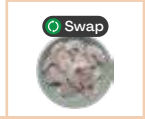


'Blackened' Tilapia

with Pineapple Salsa and Black Bean Rice

Spicy

20 Minutes



Shrimp

285 g | 570 g

Customized Protein

+ Add

Swap

or

*2 Double

If you chose to alter your protein, simply follow the **icons and specific instructions** on the back in the sidebar and you're set. You can also refer to your customized recipe online, [visit hellofresh.ca](http://www.hellofresh.ca)



Tilapia
300 g | 600 g



Basmati Rice
¼ cup | 1 ½ cups



Black Beans
1 | 2



Pineapple
95 g | 190 g



Green Onion
2 | 4



Cajun Spice Blend
1 tbsp | 2 tbsp



Lime
1 | 2



Tomato
1 | 2



Vegetable Stock Powder
1 tbsp | 2 tbsp

Allergens Hey home cooks! Please refer to the website or app for the as-prepared recipe nutritional information.

Ingredients are packaged in a facility that also handles egg, fish, crustacean, shellfish, milk, mustard, peanuts, sesame, soy, sulphites, tree nuts and wheat.

Pantry items | Unsalted butter, oil, sugar, salt, pepper

Cooking utensils | Large non-stick pan, measuring cups, measuring spoons, medium bowl, medium pot, paper towels, strainer

1



Cook rice and beans

- Before starting, add 1 ½ cups (3 cups) water to a medium pot.
 - Cover and bring to a boil over high heat.
 - Wash and dry all produce.
- Using a strainer, drain and rinse **black beans**.
 - Once boiling, add **rice**, **black beans** and **vegetable stock powder**, then reduce heat to low. Cover and cook until **rice** is tender and **liquid** is absorbed, 14-16 min.
 - Remove from heat. Set aside, still covered.

2



Prep

- Meanwhile, thinly slice **green onions**.
- Zest, then juice **half the lime**. Cut **remaining lime** into wedges.
- Cut **pineapple** into ½-inch pieces.
- Cut **tomato** into ½-inch pieces.

3



Make salsa

- Add **pineapple**, **tomatoes**, **lime juice**, **half the green onions**, ¼ tsp (½ tsp) **sugar** and ½ **tbsp** (1 **tbsp**) **oil** to a medium bowl.
- Season with **salt** and **pepper**, then stir to combine.

4



Season tilapia

Swap | Shrimp

- Pat **tilapia** dry with paper towels, then cut **each fillet** in half crosswise.
- Season with **Cajun Spice Blend**.

5



Cook tilapia

Swap | Shrimp

- Heat a large non-stick pan over medium-high heat.
- When hot, add ½ **tbsp** (1 **tbsp**) **oil**, then **tilapia**. Cook until **spice blend** darkens and **tilapia** is opaque and cooked through, 3-4 min per side.**

6



Finish and serve

- Fluff **rice** with a fork. Stir in 1 **tbsp** (2 **tbsp**) **butter**, **lime zest** and **remaining green onions**.
- Divide **rice** and **beans** between bowls.
- Top with **tilapia** and **salsa**.
- Squeeze a **lime wedge** over top, if desired.

Measurements within steps

1 **tbsp** (2 **tbsp**) **oil**
2 person 4 person Ingredient

4 | Season shrimp

Swap | Shrimp

If you've opted to get **shrimp**, using a strainer, drain and rinse **shrimp**. Pat dry with paper towels. Season with **Cajun Spice Blend**.

5 | Cook shrimp

Swap | Shrimp

When the pan is hot, add 1/2 **tbsp** (1 **tbsp**) **oil**, then **shrimp**. Cook, stirring occasionally, until **spice blend** darkens and **shrimp** just turn pink, 2-3 min.**

** Cook tilapia to a minimum internal temperature of 70°C/158°F, and shrimp to a minimum internal temperature of 74°C/165°F, as size may vary.