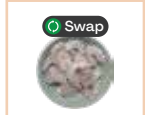




Baja Tilapia with Mexican Rice

Family Friendly 25 - 35 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](https://www.hellofresh.ca)



Tilapia
300 g | 600 g



Basmati Rice
¼ cup | 1 ½ cups



Baby Spinach
56 g | 113 g



Yellow Onion,
chopped
56 g | 113 g



Lime
1 | 1



Sour Cream
1 | 2



Mexican
Seasoning
2 tbsp | 4 tbsp



Guacamole
3 tbsp | 6 tbsp



Baby Tomatoes
113 g | 227 g

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 | Pepper, oil, salt, unsalted butter, sugar

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

1



Prep

- Before starting, wash and dry all produce.
- Zest, then juice **half the lime**.
- Cut **remaining lime** into wedges.
- Roughly chop **spinach**.
- Halve **tomatoes**.

2



Cook rice

- Heat a medium pot over medium-high heat.
- When hot, add **1 tbsp** (2 tbsp) **oil**, then **onions, rice** and **half the Mexican Seasoning**.
- Cook, stirring often, until fragrant, 1-2 min. Add **1 ¼ cups** (2 ½ cups) **water** and bring to a boil over high heat.
- Once boiling, reduce heat to low. Cover and cook until **rice** is tender and **liquid** is absorbed, 12-14 min.
- Remove from heat. Set aside, still covered.

3



Make crema and dress tomatoes

- Meanwhile, add **sour cream**, **½ tbsp** (1 tbsp) **lime juice** and **¼ tsp** (½ tsp) **lime zest** to a small bowl. Season with **salt** and **pepper**, then stir to combine.
- Stir in **water**, **1 tsp** at a time, until **mixture** reaches a drizzling consistency.
- Add **tomatoes, remaining lime juice** and **⅛ tsp** (¼ tsp) **sugar** to a medium bowl. Toss to coat.

4



Cook tilapia

[Swap](#) | [Shrimp](#)

- Pat **tilapia** dry with paper towels. Season with **salt, pepper** and **remaining Mexican Seasoning**.
- Heat a large non-stick pan over medium heat. When hot, add **1 tbsp** (2 tbsp) **butter**, then **tilapia**. Cook until golden-brown and cooked through, 4-5 min per side.**

5



Finish and serve

- Fluff **rice** with a fork, then add **spinach** and **1 tbsp** (2 tbsp) **butter**. Season with **salt** and **pepper**.
- Stir until **spinach** is wilted, 1 min.
- Divide **rice** between plates.
- Top with **tilapia, tomatoes** and **guacamole**.
- Drizzle with **crema**.
- Squeeze a **lime wedge** over top, if desired.

Measurements
within steps

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

4 | Cook shrimp

[Swap](#) | [Shrimp](#)

If you've opted to get **shrimp**, using a strainer, drain and rinse **shrimp**. Season the same way the recipe instructs you to season the **tilapia**. Cook until just pink and cooked through, 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.