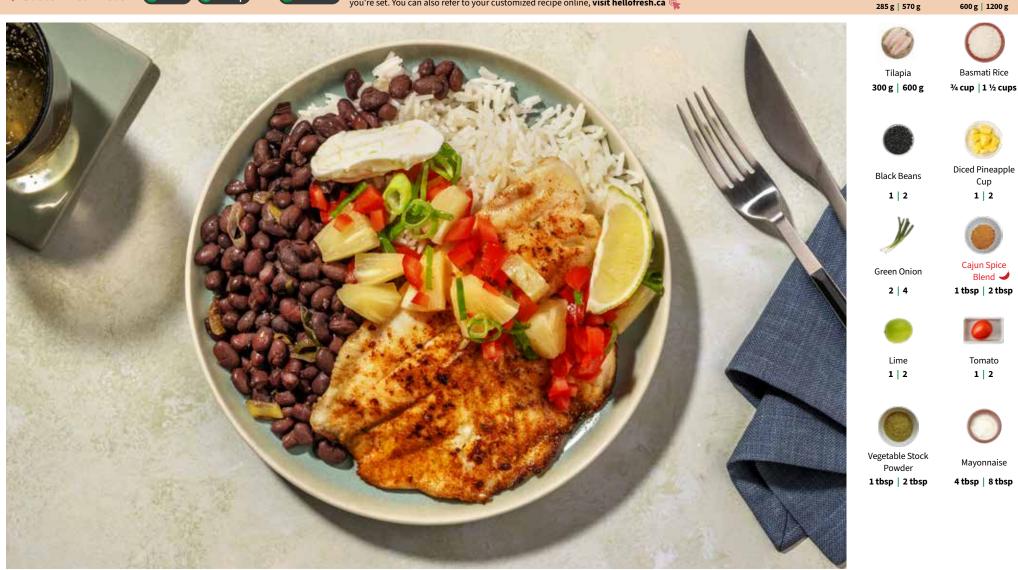


HELLO FRESH 'Blackened' Tilapia with Pineapple Salsa, Black Beans and Rice

20 Minutes Spicy

💫 Customized Protein 🕂 Add 2 Double 🚫 Swap) or

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 🚱



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.



Tilapia

Shrimp

Pantry items | Unsalted butter, oil, salt, pepper

Cooking utensils | Large non-stick pan, measuring cups, measuring spoons, medium bowl, 2 medium pots, paper towels, 2 small bowls, strainer, zester



Cook rice

- Before starting, add 1 cup (2 cups) water and ½ tsp (¼ tsp) to a medium pot.
- Cover and bring to a boil over high heat.
- Wash and dry all produce.
- Once boiling, stir rice into boiling water, then 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.



Season tilapia

Ο Swap | Shrimp

🕺 Double | Tilapia 🛛

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



Prep

- Meanwhile, thinly slice green onions.
- Zest, then juice half the lime. Cut remaining lime into wedges.
- Drain pineapple over a small bowl, reserving juice.
- Cut tomato into 1/2-inch pieces.
- Combine **mayo** and **half the lime zest** in another small bowl. Set aside.
- Add pineapple pieces, tomatoes, half the lime juice, half the green onions, ½ tbsp (1 tbsp) pineapple juice and ½ tbsp (1 tbsp) oil to a medium bowl.
- Season with **salt** and **pepper**, then stir to combine.



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.**



Cook beans

- · Heat another medium pot over medium heat.
- When hot, add **1 tbsp** (2 tbsp) **oil**, then **remaining green onions**. Cook and stir for 1 min.
- Add black beans (including can liquid), stock powder and ¼ cup (¼ cup) water. Cook, stirring occasionally, until liquid thickens slightly, 3-4 min.
- Remove from heat, then add **remaining lime juice**. Season with **pepper** to taste, then stir to combine.

Finish and serve

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



If you ordered 6 servings, triple the amounts in the 2-serving recipe. You may need to cook in batches or larger cooking vessels. Remember: Larger batches may = longer cook times, so follow the visual and temperature cues.

4 | Season shrimp

🔿 Swap | Shrimp

If you opted to add **shrimp**, using a strainer, drain and rinse **shrimp**, then pat dry with paper towels. Season in the same way the recipe instructs you to season the **tilapia**.

4 | Season tilapia

🕺 Double | Tilapia

If you've opted for **double tilapia**, prep and cook in the same way the recipe instructs you to prep and cook the **regular portion of tilapia**. Don't overcrowd the pan. Cook **tilapia** in batches, if needed.

5 | Cook shrimp

🚫 Swap | Shrimp

Cook until **spice blend** darkens and **shrimp** just turns pink, 3-4 min.** Follow the rest of the recipe as written.