



'Blackened' Tilapia

with Pineapple Salsa, Black Beans and Rice

Spicy

20 Minutes

Swap



Shrimp
285 g | 570 g

Double



Tilapia
600 g | 1200 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



Black Beans
1 | 2



Diced Pineapple Cup
1 | 2



Green Onion
2 | 4



Cajun Spice Blend
1 tbsp | 2 tbsp



Lime
1 | 2



Tomato
1 | 2



Vegetable Stock Powder
1 tbsp | 2 tbsp



Mayonnaise
4 tbsp | 8 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, salt, pepper

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

1



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.

2



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 ½-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.

4



Season tilapia

🔄 Swap | **Shrimp**

*2 Double | **Tilapia**

• Meanwhile, 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.**

3



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 (½ 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.

6



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.

Measurements within steps

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

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

*2 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.

** 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.