

Sesame-Citrus Tilapia. Spicy Bok Choy.

Serves 2

Prep Time: 20-25 minutes

Brown Rice.

This simple meal comes together quickly, and the marinade will work for any type of fish. Not a spicy fan? Omit the red pepper flakes.

Shopping List:

Produce

1 orange
1 lime
½ lb baby bok choy

Grocery

1 tsp toasted sesame oil
1 tbsp tamari
¼ tsp crushed red pepper

Refrigerated

2 tilapia filets

Frozen

1 cup cooked brown rice *

Recipe:

1 orange, juice and zest
1 lime, juice and zest
1 tsp toasted sesame oil
1 tbsp tamari
¼ tsp crushed red pepper
2 tilapia filets
½ lb baby bok choy
1 cup cooked brown rice (frozen or homemade)

1. To make marinade: combine juice and zest of the orange and lime with sesame oil and tamari. Remove 1 tablespoon of this mixture and set side. Pour remaining marinade over tilapia.
2. Meanwhile, cut bok choy in half lengthwise, and rinse under running water. Place cut side down on a towel to dry. To make spicy sauce for bok choy: combine the reserved tablespoon of marinade with crushed red pepper flakes and set aside.
3. After fish has marinated for 10 minutes, turn on your oven's broiler. Remove fish from marinade and place on a foil lined baking sheet. Spoon a little bit of marinade over each filet, then broil for 5-8 minutes or until cooked through.
4. Meanwhile, heat a small amount of oil in a skillet over med-high heat. (Make sure skillet is large enough to hold bok choy in a single layer, or work in batches.). Season cut sides of bok choy with salt & pepper. Cook cut side down for 2 minutes (or until they begin to brown). Flip and cook an additional 2 minutes. Transfer to individual plates or serving platter and drizzle with spicy sauce.
5. Reheat rice in a microwave-safe bowl or according to package directions.

Cooks Tips:

- Frozen brown rice is a staple in the Spoon & Skillet kitchens. We make this (or any grain) in big batches and freeze in a single later on a baking sheet. Transfer 1-cup portions to individual bags that are convenient to grab from the freezer anytime. Small portions take 30-60 seconds to reheat.