

INGREDIENTS

2 PERSON | 4 PERSON





1 2 Baby Lettuce



Black Beans



1 tsp | 2 tsp Garlic Powder



Veggie Stock Concentrate

Lemon



11 oz | 22 oz Tilapia Contains: Fish



1 TBSP | 2 TBSP **Blackening Spice**



11/2 TBSP | 3 TBSP Sour Cream Contains: Milk



Sweet Thai Chili



ANY ISSUES WITH YOUR ORDER? WE'D BE SIMMERING LIKE STEW OVER THERE TOO. SCAN HERE TO GET HELP!

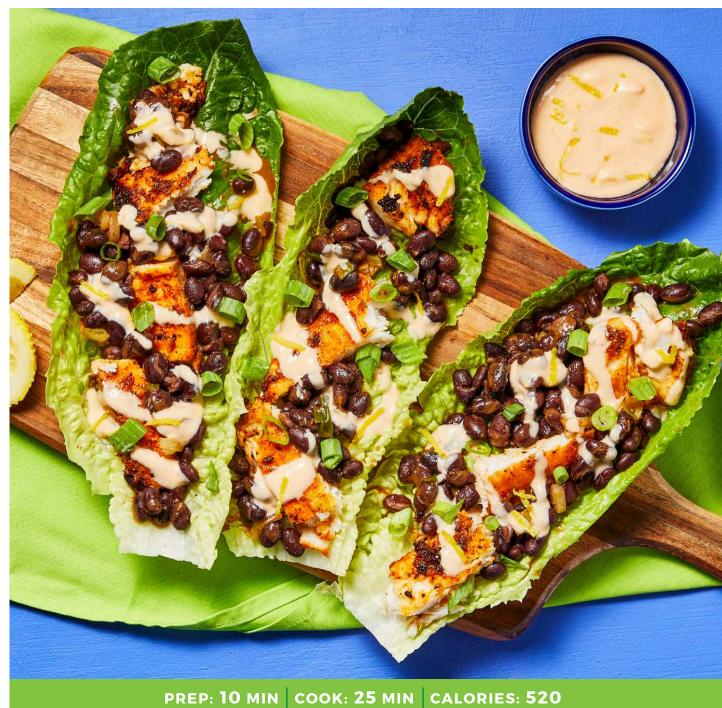
HELLO

BLACKENING SPICE

Our blend of smoked paprika, garlic, oregano, and thyme gives tilapia a bold kick!

CAJUN BLACKENED TILAPIA LETTUCE WRAPS

with Black Beans, Scallions & Lemony Chili Crema





GO FISH

If your tilapia starts to char on the surface before it's done in the center, simply lower the heat. That way, the fish will cook more evenly.

BUST OUT

- Strainer
- Paper towels
- Zester
- Large pan
- Medium pot
- Small bowl
- Kosher salt
- Black pepper
- Cooking oil (2 tsp | 2 tsp)

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1 PREP

- · Wash and dry produce.
- Trim and thinly slice scallions, separating whites from greens. Drain beans. Zest and quarter lemon (for 4 servings, zest one lemon and quarter both). Trim and discard root end from lettuce; separate leaves.



2 START BEANS

- Heat a drizzle of oil in a medium pot over medium-high heat. Add scallion whites; cook, stirring occasionally, until slightly softened and fragrant, 30-60 seconds.
- Stir in beans, garlic powder, stock concentrate, ¼ cup water (⅓ cup for 4 servings), and a big pinch of salt and pepper. Bring to a boil, then reduce heat to low and cook until thickened, 7-8 minutes.



3 COOK FISH

- Meanwhile, pat tilapia* dry with paper towels; rub with Blackening Spice and season with salt.
- Heat a drizzle of oil in a large, preferably nonstick, pan over medium heat. Add tilapia and cook until browned and cooked through, 5-7 minutes per side. Transfer to a cutting board.



4 MAKE CREMA

- In a small bowl, combine sour cream, half the chili sauce (all for 4 servings), juice from half the lemon, and as much lemon zest as you like.
- Add water I tsp at a time until mixture reaches a drizzling consistency.



5 FINISH BEANS & TILAPIA

- Once beans are done, remove from heat; stir in juice from one lemon wedge (two wedges for 4 servings).
- Cut tilapia into 12-16 pieces.



6 FINISH & SERVE

- Divide lettuce leaves between plates; fill with tilapia and as many beans as you like. Sprinkle with scallion greens and drizzle with crema.
- Serve with any remaining lemon wedges and any remaining beans on the side.