



LOUISIANA-STYLE TILAPIA

with Potato Wedges, Red Cabbage Slaw & Spicy Remoulade

INGREDIENTS

2 PERSON | 4 PERSON



12 oz | 24 oz
Potatoes*



2 | 4
Scallions



1 | 2
Chili Pepper



3 oz | 6 oz
Carrot



2 TBSP | 4 TBSP
Mayonnaise
Contains: Eggs



2 tsp | 4 tsp
Dijon Mustard



6 TBSP | 12 TBSP
Sour Cream
Contains: Milk



5 tsp | 10 tsp
White Wine Vinegar



4 oz | 8 oz
Shredded Red
Cabbage



11 oz | 22 oz
Tilapia
Contains: Fish



1 TBSP | 2 TBSP
Old Bay
Seasoning



½ Cup | 1 Cup
Panko
Breadcrumbs
Contains: Wheat



1 TBSP | 2 TBSP
Cornstarch



ANY ISSUES WITH YOUR ORDER?
WE'D BE SIMMERING LIKE STEW OVER
THERE TOO. SCAN HERE TO GET HELP
OR GIVE US A CALL AT (646) 846-3663.

*The ingredient you received may be a different color.



HelloCustom

2 PERSON | 4 PERSON

If you chose to modify your meal, follow the HelloCustom instructions on the flip side of this card.



8 oz | 16 oz
Broccoli

Calories: 800



PREP: 10 MIN | COOK: 40 MIN | CALORIES: 890



HELLO

SPICY REMOULADE

A go-to in the Bayou State, this mayo-based sauce has a tangy kick.

BIG DIPPER

Designate one hand for dipping the fillets in the sour cream mixture and the other for pressing the fish into the panko.

BUST OUT

- Peeler
- Baking sheet
- Box grater
- Small bowl
- Medium bowl
- Paper towels
- Large pan
- Kosher salt
- Black pepper
- Cooking oil (1 tsp + more for frying)
- Sugar (1½ tsp | 3 tsp)

MORE IS MORE

If you upgraded your meal to double your protein or veggies and/or ordered 6 servings, 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. (For 6-person meals, triple the amounts in the 2-person recipe.)

For HelloCustom nutritional information, please refer to HelloFresh.com.

HOW WAS YOUR MEAL?



Scan here to rate your recipe!



Share your #HelloFreshPics with us @HelloFresh



1 PREP

- Adjust rack to top position and preheat oven to 425 degrees. **Wash and dry produce.**
- Cut **potatoes** into ½-inch-thick wedges. Trim and thinly slice **scallions**, separating whites from greens; finely chop whites until you have 1 TBSP (2 TBSP for 4 servings). Finely chop **chili**. Trim, peel, and grate **carrot** on the largest holes of a box grater; place in a medium bowl.

🔄 Cut **broccoli** into bite-size pieces if necessary. (Save potatoes for another use.)



4 COAT FISH

- Halve **tilapia fillets*** lengthwise. (You'll have a larger piece and a smaller piece.) Pat dry with paper towels.
- In a shallow dish, combine **Old Bay Seasoning**, **remaining sour cream**, and **1 TBSP water** (2 TBSP for 4 servings).
- On a plate, combine **panko** and **cornstarch**.
- Dip each fillet into **sour cream mixture**, then press into **panko mixture**, coating all over.



2 ROAST POTATOES & MIX SAUCE

- Toss **potatoes** on a baking sheet with a **drizzle of oil**, **salt**, and **pepper**.
- Roast on top rack until golden brown and crispy, 20-25 minutes.
- Meanwhile, in a small bowl, combine **mayonnaise**, **mustard**, **chopped scallion whites**, **one packet sour cream** (two packets for 4 servings), **1 tsp vinegar** (2 tsp for 4), and a **pinch of chili** to taste. (You'll use the rest of the sour cream and vinegar later.) Season with **salt** and **pepper**. Set aside.

🔄 Swap in **broccoli** for potatoes; roast until browned and tender, 15-20 minutes.



5 FRY FISH

- Heat a ½-inch layer of oil in a large, preferably nonstick, pan over medium-high heat. Once oil is hot enough that a **pinch of panko mixture** sizzles when added to pan, add **tilapia** and cook until crust is golden and fish is cooked through, 2-3 minutes per side (the smaller pieces will cook faster). (For 4 servings, fry fish in batches.)
- Transfer to a paper-towel-lined plate.



3 MAKE SLAW

- To bowl with **carrot**, add **cabbage**, **two packets sour cream** (four packets for 4 servings), **remaining vinegar**, **2 TBSP scallion greens** (4 TBSP for 4), and **1½ tsp sugar** (3 tsp for 4). (You'll use the rest of the sour cream in the next step.)
- Season with a **big pinch of salt and pepper**; toss to combine.



6 SERVE

- Divide **potatoes**, **slaw**, and **tilapia** between plates. Serve with **spicy remoulade**. Garnish with any **remaining scallion greens**.

*Tilapia is fully cooked when internal temperature reaches 145°.