



FRIED TILAPIA SANDWICHES

with Spicy Sauce and Cabbage Cucumber Slaw



HELLO FRIED TILAPIA

Tender, flaky fillets coated in breadcrumbs show just how simple fish fry-day can be.

PREP: 5 MIN | TOTAL: 20 MIN | CALORIES: 820



START STRONG

In step 3, we instruct you to brush your tilapia with sour cream. Not only is this an awesome breadcrumb binder—it's tasty too! We prefer to use a basting brush for the job, but if you don't have one, simply use the back of your spoon.

BUST OUT

- Medium bowl
- Paper towels
- Large pan
- Small bowl
- Shallow dish
- Sugar (1 tsp | 2 tsp)
- Olive oil (2 tsp | 4 tsp)
- Vegetable oil (for frying)
- Butter (1 TBSP | 2 TBSP)
(Contains: Milk)

INGREDIENTS

Ingredient **2-person** | **4-person**

- Brioche Buns 2 | 4
- Persian Cucumber 1 | 2
- Scallions 2 | 4
- Shredded Red Cabbage 4 oz | 8 oz
- White Wine Vinegar 5 tsp | 10 tsp
- Panko Breadcrumbs ½ Cup | 1 Cup
- Fry Seasoning 1 TBSP | 2 TBSP
- Tilapia* 11 oz | 22 oz
- Sour Cream 6 TBSP | 12 TBSP
- Hot Sauce 2 tsp | 4 tsp

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

WINE CLUB

Pair this meal with a HelloFresh Wine matching this icon.



[HelloFresh.com/Wine](https://www.hellofresh.com/wine)

HelloFRESH



1 PREP AND MAKE SLAW

Wash and dry all produce. Split buns in half and set aside. Thinly slice cucumber on a diagonal. Trim and thinly slice scallions. In a medium bowl, combine scallions, cucumber, cabbage, vinegar, 1 tsp sugar (2 tsp for 4 servings), and a large drizzle of olive oil. Season with salt and pepper.



4 FRY TILAPIA

Heat a ¼-inch layer of oil in pan used for buns over medium-high heat. Once oil is hot enough that a pinch of breadcrumbs sizzles when added to the pan, add tilapia and cook until panko is golden and fish is cooked through, 3-4 minutes per side. (For 4 servings, cook fish in batches.)



2 TOAST BUNS

Melt 1 TBSP butter in a large pan over medium-high heat (use a nonstick pan if you have one). Add buns cut sides down and toast until golden, 2-3 minutes. Set aside. (For 4 servings, toast in batches.)



5 MAKE SAUCE

In a small bowl, combine remaining sour cream, remaining Fry Seasoning, and half the hot sauce. Season with salt and pepper.



3 COAT TILAPIA

While buns toast, in a shallow dish, combine panko, ½ tsp salt, and half the Fry Seasoning (save the rest for step 5). Pat tilapia dry with paper towels. Brush 2 TBSP sour cream (1 packet—use 2 packets for 4 servings) onto fish, coating all over. Season with salt and pepper. Dip each fillet into panko mixture, coating all over and pressing to adhere.



6 ASSEMBLE AND SERVE

Cut tilapia into 3-inch pieces. Spread sauce on cut sides of buns. Fill buns with tilapia and a little bit of slaw. Drizzle with remaining hot sauce (to taste). Divide between plates and serve with slaw on the side.

YUMMY!

A hot sandwich and cool crisp slaw are a perfect pairing.

Share your #HelloFreshPics with us! | (646) 846-3663 [HelloFresh.com](https://www.hellofresh.com) | hello@hellofresh.com

WK.18.NJ-13