



# 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



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WE'D BE SIMMERING LIKE STEW OVER  
THERE TOO. SCAN HERE TO GET HELP!

\*The ingredient you received may be a different color.

## HELLO

### SPICY REMOULADE

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



PREP: 10 MIN | COOK: 40 MIN | CALORIES: 800



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

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### 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.



### 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.



### 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°.