



CARIBBEAN-STYLE PANKO-CRUSTED TILAPIA

with Mango Salsa, Rice & Sweet Chili-Lime Mayo

INGREDIENTS

2 PERSON | 4 PERSON



4 oz | 8 oz
Mango



1 TBSP | 2 TBSP
Fry Seasoning



1 oz | 2 oz
Sweet Thai Chili
Sauce



11 oz | 22 oz
Tilapia
Contains: Fish



1 | 2
Lime



½ Cup(s) | 1 Cup(s)
Panko
Breadcrumbs
Contains: Wheat



¼ oz | ½ oz
Cilantro



2 TBSP | 4 TBSP
Mayonnaise
Contains: Eggs



1 TBSP | 2 TBSP
Cornstarch



¾ Cup(s) | 1½ Cup(s)
White Rice



3 TBSP | 6 TBSP
Sour Cream
Contains: Milk



1 | 2
Shallot



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HELLO

FRY SEASONING

A savory seasoning blend of garlic, onion,
and paprika



PREP: 10 MIN | COOK: 35 MIN | CALORIES: 1050



BIG DIPPER

For a tidier process in Step 4, designate one hand for dipping the tilapia in the sour cream mixture and the other for pressing the fish into the panko.

BUST OUT

- Small pot
- Paper towels
- Strainer
- Large pan
- 2 Small bowls
- Kosher Salt
- Cooking Oil
- Black Pepper

MORE IS MORE

For **2X protein or veggies**, cook in batches or larger cooking vessels (this may require longer cook times—follow the visual and temperature cues). For **3 servings**, reduce the seasoning (and any other ingredients for the protein) by a quarter if the protein is less than the 4-serving amount. For **6 servings**, simply triple the 2-serving recipe.

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

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Fish is fully cooked when internal temperature reaches 145.



1 COOK RICE

- In a small pot, combine **rice, 1½ cups water (2¼ cups for 4 servings)**, and a **pinch of salt**. Bring to a boil, then cover and reduce heat to low. Cook until tender, 15-18 minutes.
- Keep covered off heat until ready to serve.



2 PREP

- While rice cooks, **wash and dry produce**.
- Halve, peel, and thinly slice **shallot** lengthwise. Drain **mango (reserving juice)**. Roughly chop **cilantro**. Quarter **lime**.



3 MIX SALSA & MAYO

- In a small bowl, combine **shallot, mango, half the cilantro, 1 tsp mango juice (2 tsp for 4 servings), juice from half the lime, salt, and pepper**.
- In a separate small bowl, combine **mayonnaise, chili sauce**, and a squeeze of lime juice (**big squeeze for 4**). Stir in **water ½ tsp** at a time until mixture reaches a drizzling consistency.



4 COAT TILAPIA

- Halve **tilapia*** lengthwise. (**TIP: Each fillet will have a larger piece and a smaller piece.**) Pat dry with paper towels.
- In a shallow dish, combine **Fry Seasoning, sour cream, 1 TBSP water (2 TBSP for 4 servings), salt, and pepper**.
- On a plate, combine **panko** and **cornstarch**.
- Dip each fillet into **sour cream mixture** until coated on both sides, then press into **panko mixture** until evenly coated.



5 FRY TILAPIA

- 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 the pan, add **coated tilapia**; cook until crust is golden and tilapia is cooked through, 2-3 minutes per side. (**For 4 servings, fry tilapia in batches.**)
- Transfer to a paper-towel-lined plate.



6 SERVE

- Divide **rice** and **tilapia** between plates; top tilapia with **salsa**. Drizzle rice with **sweet chili-lime mayo** and garnish everything with **remaining cilantro**. Serve with any **remaining lime wedges** on the side.