



BAYOU-STYLE CRISPY TILAPIA

with Remoulade, Paprika Potato Wedges & Mixed Greens

INGREDIENTS

2 PERSON | 4 PERSON



12 oz | 24 oz
Yukon Gold
Potatoes



1 | 1
Lemon



2 tsp | 4 tsp
Dijon Mustard



1 tsp | 2 tsp
Paprika



1 TBSP | 2 TBSP
Fry Seasoning



1 TBSP | 2 TBSP
Cornstarch



2 oz | 4 oz
Mixed Greens



2 | 4
Scallions



2 TBSP | 4 TBSP
Mayonnaise
Contains: Eggs



4 TBSP | 8 TBSP
Sour Cream
Contains: Milk



11 oz | 22 oz
Tilapia
Contains: Fish



½ Cup | 1 Cup
Panko Breadcrumbs
Contains: Wheat



1 | 2
Roma Tomato



1.5 oz | 3 oz
Italian Dressing
Contains: Milk

HELLO

REMOULADE

This creamy, zesty condiment gets its signature pinkish hue from a pinch of paprika.



PREP: 10 MIN | COOK: 35 MIN | CALORIES: 740



UPPER CRUST

When coating the tilapia in step 3, designate one hand (or one pair of tongs) for dipping it in the sour cream mixture and passing it to the dry plate, and the other for pressing the fish into the seasoned panko. No crumb-coated fingers here!

BUST OUT

- Small bowl
- Baking sheet
- Paper towels
- Large pan
- Large bowl
- Kosher salt
- Black pepper
- Olive oil (1 tsp | 1 tsp)
- Vegetable oil (for frying)

GET SOCIAL

Share your #HelloFreshPics with us @HelloFresh

(646) 846-3663
HelloFresh.com

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



1 PREP & MAKE REMOULADE

- Adjust rack to top position and preheat oven to 425 degrees. **Wash and dry all produce.**
- Trim and thinly slice **scallions**, separating whites from greens; finely chop whites until you have 1 TBSP (2 TBSP for 4 servings). Quarter **lemon**. Cut **potatoes** into ½-inch-thick wedges.
- In a small bowl, combine **mayonnaise**, **mustard**, **chopped scallion whites**, half the **sour cream** (you'll use the rest later), half the **paprika** (you'll use the rest in the next step), and a squeeze of **lemon juice** to taste. Season with **salt** and **pepper**.



4 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** sizzles when added to the pan, add **tilapia**. (For 4 servings, fry tilapia in batches.)
- Cook until crust is golden and fish is cooked through, 2-3 minutes per side. (TIP: The smaller pieces of tilapia will cook faster.) Transfer to a paper-towel-lined plate and season with **salt**.



2 ROAST POTATOES

- Toss **potatoes** on a baking sheet with a drizzle of **olive oil**, remaining **paprika**, **salt**, and **pepper**.
- Roast on top rack until golden brown and crispy, 20-25 minutes.



5 MAKE SALAD

- While tilapia cooks, halve **tomato** lengthwise; thinly slice crosswise into half-moons. Toss in a large bowl with **mixed greens** and **Italian dressing**.



3 COAT FISH

- Meanwhile, halve **tilapia*** fillets lengthwise (you'll have a larger piece and a smaller piece). Pat dry with paper towels and season all over with **salt** and **pepper**.
- In a shallow dish, combine **Fry Seasoning**, remaining **sour cream**, and **1 TBSP water** (2 TBSP for 4 servings).
- On a plate, combine **panko** and **cornstarch**; season with **salt**.
- Dip each fillet into **sour cream mixture**, then press into **panko mixture** to evenly coat.



6 SERVE

- Divide **tilapia**, **salad**, and **potatoes** between plates. Sprinkle with **scallion greens**. Serve with **remoulade** and remaining **lemon wedges** on the side.