



BLACKENED TILAPIA TACOS

with Pineapple Salsa and Red Cabbage Slaw



HELLO
REGAL SPRINGS® TILAPIA
Sustainable and all-natural fish that's as easy to prepare as it is nutritious and delicious



Pineapple



Lime



Regal Springs® Tilapia
(Contains: Fish)



Southwest Spice Blend



Mayonnaise
(Contains: Eggs)



Flour Tortillas
(Contains: Wheat)



Cilantro



Shallot



Garlic



Sour Cream
(Contains: Milk)



Shredded Red Cabbage

PREP: 5 MIN | **TOTAL: 30 MIN** | **CALORIES: 730**

START STRONG

Adjust your oven rack so that it's in the position closest to the flame. This will ensure that the tops of the tilapia fillets get a nice char while the bottoms stay moist and juicy.

BUST OUT

- Strainer
- Small bowl
- 2 Medium bowls
- Kosher salt
- Paper towels
- Black pepper
- Baking sheet
- Vegetable oil (1 tsp | 1 tsp)
- Olive oil (1 tsp | 1 tsp)
- Sugar (½ tsp | 1 tsp)

INGREDIENTS

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

- Pineapple **8 oz** | **12 oz**
- Cilantro **¼ oz** | **½ oz**
- Lime **1** | **2**
- Shallot **1** | **1**
- Garlic **2 Cloves** | **2 Cloves**
- Regal Springs® Tilapia* **11 oz** | **22 oz**
- Southwest Spice Blend **1 TBSP** | **2 TBSP**
- Sour Cream **2 TBSP** | **4 TBSP**
- Mayonnaise **2 TBSP** | **4 TBSP**
- Shredded Red Cabbage **4 oz** | **8 oz**
- Flour Tortillas **6** | **12**

* 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)

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1 PREP

Adjust rack to top position and preheat broiler to high or oven to 500 degrees. **Wash and dry all produce.** Drain **pineapple**, then place in a medium bowl. Chop half the **cilantro** (save the rest for garnish). Halve **lime**; cut one half into wedges. Halve and peel **shallot**; mince until you have 1 TBSP (2 TBSP for 4 servings). Mince **garlic** until you have ½ tsp (1 tsp for 4).



4 MAKE CREMA

Meanwhile, in a small bowl, combine **sour cream**, **mayonnaise**, a squeeze of **lime juice**, and a pinch of **garlic**. (**TIP:** Add garlic to taste, or leave it out if you're not a fan.) Add **water**, 1 tsp at a time, until mixture reaches a drizzling consistency. Season with **salt** and **pepper**.



2 MAKE SALSA

To bowl with **pineapple**, add **minced shallot**, half the **chopped cilantro**, and a squeeze of **lime juice**; stir to combine. Season with **salt** and **pepper**.



5 MAKE SLAW AND WARM TORTILLAS

In a second medium bowl, combine **cabbage**, remaining **chopped cilantro**, ½ **tsp sugar** (1 tsp for 4 servings), a squeeze of **lime juice**, and **1 TBSP crema** (2 TBSP for 4); toss to thoroughly coat. Season with **salt**, **pepper**, and more **lime juice** (to taste). Wrap **tortillas** in damp paper towels and microwave until warm and pliable, about 30 seconds.



3 COOK TILAPIA

Pat **tilapia** dry with paper towels and place on a lightly **oiled** baking sheet. Drizzle with **olive oil**, then season all over with **salt**, **pepper**, and **Southwest Spice**. Rub seasoning into tilapia to thoroughly coat. Place under broiler and broil until opaque and lightly charred, about 8 minutes.



6 SERVE

Once cool enough to handle, break up **tilapia** into bite-sized pieces. Divide between warmed **tortillas** along with **slaw** and **salsa**. Drizzle with remaining **crema**. Tear leaves from reserved **cilantro** and sprinkle over tacos. Serve with remaining **lime wedges** on the side.

GO FISH!

Next time, try setting up a DIY taco bar. Put the slaw, salsa, crema, and cilantro in small bowls and let everyone assemble their own!

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