

# **FLAKY TEMPURA TILAPIA**

with Sesame-Lime Mixed Greens and Ginger Rice





## HELLO -

## **REGAL SPRINGS® TILAPIA**

NATURALLY Premium quality and exceptional flavor. Lea exceptional flavor. Learn more about our sustainable tilapia at regalsprings.com

PREP: 5 MIN

TOTAL: 30 MIN CALORIES: 930



Ginger

Jasmine Rice





Lime



Mayonnaise (Contains: Eggs)



Sour Cream



Sriracha



Mixed Greens



Tempura Mix (Contains: Eggs, Milk, Wheat)



Sesame Oil

**Shredded Carrots** 

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#### **START STRONG**

Be sure to let any excess batter drip off the tilapia before frying it in step 5. This ~chef's kept secret~ will guarantee evenly cooked fish with a light and airy crust.

#### **BUST OUT**

- Small pot
- Whisk
- Paper towels
- Large pan
- Small bowl
- Kosher salt
- 2 Large bowls Black pepper
- Sugar (½ tsp | 1 tsp)
- Olive oil (1 tsp | 1 tsp)
- Vegetable oil (for frying)
- Butter (1 TBSP | 1 TBSP)

#### **INGREDIENTS**

Ingredient 2-person | 4-person

1 Thumb | 2 Thumbs Ginger

1/2 Cup | 1 Cup Jasmine Rice

• Regal Springs® Tilapia\* 11 oz | 22 oz

 Lime 1 | 2

 Mavonnaise 2 TBSP | 4 TBSP

2 TBSP | 4 TBSP Sour Cream

 Sriracha 2 tsp | 4 tsp

1 TBSP | 2 TBSP · Sesame Oil

 Mixed Greens 2 oz | 4 oz

 Shredded Carrots 4 oz | 8 oz

 Tempura Mix 82 g | 164 g

#### **WINE CLUB**

Pair this meal with a HelloFresh Wine matching this icon.

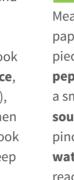






### **COOK RICE**

Wash and dry all produce. Peel and mince or grate ginger. Heat 1 TBSP **butter** in a small pot over mediumhigh heat. Add half the **ginger** and cook until softened, 30-60 seconds. Add rice, 3/4 cup water (1½ cups for 4 servings), and a pinch of **salt**. Bring to a boil, then cover and reduce to a low simmer. Cook until rice is tender, 15-18 minutes. Keep covered off heat until ready to serve.





**MAKE BATTER** In a second large bowl, combine tempura mix, 1/3 cup cold water (2/3 cup for 4 servings), and 1/2 tsp salt (1 tsp for 4). Heat a 1/3-inch-layer of oil in a large, heavy-bottomed pan over medium-high heat. Patting dry again first if necessary, stir **tilapia** into batter until fully coated. Line a plate with paper towels.



## **PREP AND MAKE** SRIRACHA SAUCE

Meanwhile, pat tilapia very dry with paper towels. Cut each fillet into four pieces; season all over with salt and pepper. Set aside. Quarter lime. In a small bowl, combine mayonnaise, sour cream, a squeeze of lime juice, a pinch of salt, and sriracha to taste. Add water 1 tsp water at a time until mixture reaches a drizzling consistency.



**MAKE SALAD** In a large bowl, whisk together sesame oil, juice from half the lime, a drizzle of olive oil, ½ tsp sugar (1 tsp for 4 servings), and a pinch of salt and pepper. Add mixed greens, carrots, and remaining **ginger** to bowl with dressing; toss to coat. Season generously with salt and **pepper**. Taste and add more lime juice if desired.



**COOK TILAPIA** Once oil is hot enough that a drop of batter sizzles when added to the pan, working in batches if necessary, add coated tilapia. Cook until golden brown on first side, 2-3 minutes; flip with tongs and cook until golden brown on second side and cooked all the way through, 2-3 minutes more. Transfer to paper-towellined plate. Immediately season with salt and pepper.





**FINISH AND SERVE** Fluff **rice** with a fork and season with salt and pepper. Divide between plates with tilapia and salad. Drizzle tilapia with **sriracha sauce** (or serve on the side for dipping).

## OST IN THE SAUCE

Need a new condiment in your weeknight rotation? Make this sriracha sauce again to serve alongside fries.

<sup>\*</sup> Tilapia is fully cooked when internal temperature reaches 145 degrees.