



FLAKY TEMPURA TILAPIA

with Sesame-Lime Mixed Greens and Ginger Rice



HELLO
REGAL SPRINGS® TILAPIA
Premium quality and exceptional flavor. Learn more about our sustainable tilapia at regalsprings.com

PREP: 5 MIN | **TOTAL: 30 MIN** | **CALORIES: 930**

- | | | | | | |
|--------------|--|--------------------------------|------------|------------------|--|
| | | | | | |
| Ginger | Regal Springs® Tilapia
(Contains: Fish) | Mayonnaise
(Contains: Eggs) | Sriracha | Mixed Greens | Tempura Mix
(Contains: Eggs, Milk, Wheat) |
| | | | | | |
| Jasmine Rice | Lime | Sour Cream
(Contains: Milk) | Sesame Oil | Shredded Carrots | |

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)
- (Contains: Milk)

INGREDIENTS

Ingredient 2-person | 4-person

- Ginger 1 Thumb | 2 Thumbs
- Jasmine Rice ½ Cup | 1 Cup
- Regal Springs® Tilapia* 11 oz | 22 oz
- Lime 1 | 2
- Mayonnaise 2 TBSP | 4 TBSP
- Sour Cream 2 TBSP | 4 TBSP
- Sriracha 2 tsp | 4 tsp
- Sesame Oil 1 TBSP | 2 TBSP
- Mixed Greens 2 oz | 4 oz
- Shredded Carrots 4 oz | 8 oz
- Tempura Mix 82 g | 164 g

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

WINE CLUB

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1 COOK RICE

Wash and dry all produce. Peel and mince or grate **ginger**. Heat **1 TBSP butter** in a small pot over medium-high heat. Add half the **ginger** and cook until softened, 30-60 seconds. Add **rice**, **¾ 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.



4 MAKE BATTER

In a second large bowl, combine **tempura mix**, **⅓ cup cold water** (⅔ cup for 4 servings), and **½ tsp salt** (1 tsp for 4). Heat a ⅓-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.

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2 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.



5 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-towel-lined plate. Immediately season with **salt** and **pepper**.



3 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.



6 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).

LOST IN THE SAUCE

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

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