



FRIED TILAPIA SANDWICHES

with Spicy Sauce and Cabbage Cucumber Slaw



HELLO FRIED TILAPIA

Tender, flaky fillets coated in breadcrumbs show just how simple fish fry-day can be.

PREP: 5 MIN | TOTAL: 20 MIN | CALORIES: 880



Persian Cucumber



Scallions



Brioche Buns
(Contains: Wheat, Eggs, Milk)



Red Cabbage



White Wine Vinegar



Tilapia
(Contains: Fish)



Sour Cream
(Contains: Milk)



Panko Breadcrumbs
(Contains: Wheat)



Fry Seasoning



Hot Sauce

START STRONG

To ensure that your crust is crisp and stays put on the fish, make sure that the oil is quite hot before adding the fillets to the pan in step 4. Test it out by adding one breadcrumb first—it should sizzle.

BUST OUT

- Medium bowl
- Shallow dish
- Large pan
- Small bowl
- Sugar (1 tsp | 2 tsp)
- Olive oil (2 tsp | 4 tsp)
- Butter (1 TBSP | 2 TBSP)
(Contains: Milk)
- Vegetable oil (¾ Cup | 1½ Cups)

INGREDIENTS

Ingredient 2-person | 4-person

- Brioche Buns 2 | 4
- Persian Cucumber 1 | 2
- Scallions 2 | 4
- Red Cabbage 4 oz | 8 oz
- White Wine Vinegar 5 tsp | 10 tsp
- Panko Breadcrumbs ½ Cup | 1 Cup
- Fry Seasoning 1 TBSP | 2 TBSP
- Sour Cream 6 TBSP | 12 TBSP
- Tilapia 11 oz | 22 oz
- Hot Sauce 2 tsp | 4 tsp

WINE CLUB

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1 TOSS SLAW

Wash and dry all produce. Split buns in half and set aside. Thinly slice cucumber on a diagonal. Trim, then thinly slice scallions. Toss scallions, cucumber, cabbage, vinegar, 1 tsp sugar, and a large drizzle of olive oil in a medium bowl. Season with salt and pepper.



4 FRY TILAPIA

Heat a ⅛-inch layer of oil in pan used for buns over medium-high heat (we used about ¾ cup oil). Add tilapia to pan and cook until panko is golden and fish is cooked through, 3-4 minutes per side.



2 TOAST BUNS

Melt 1 TBSP butter in a large pan over medium-high heat (use nonstick if you have it). Add buns cut-side down and toast until golden, 2-3 minutes. Set aside.



5 MIX SAUCE

Stir together remaining sour cream, remaining fry seasoning, and half the hot sauce in a small bowl. Season with salt and pepper.



3 COAT FISH

While buns toast, in a shallow dish, stir together panko, ½ tsp salt, and 2 tsp fry seasoning (save the last teaspoon for step 5). Brush 2 TBSP sour cream (1 packet) onto tilapia, coating all over. Season with salt and pepper. Dip each fillet in panko mixture, coating all over and pressing to adhere.



6 ASSEMBLE AND SERVE

Cut tilapia into 3-inch pieces. Spread sauce on cut side of buns, then fill buns with tilapia. (TIP: If there's more fish than will fit, serve it on the side.) Pick out a few cucumber slices from slaw and add to sandwiches. Drizzle with remaining hot sauce to taste. Divide between plates and serve with slaw on the side.

YUMMY!

A hot sandwich and cool crisp slaw are a perfect pairing.

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