



LOUISIANA-STYLE TILAPIA

with Potato Wedges, Cabbage Slaw & Spicy Remoulade



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

PREP: 10 MIN | TOTAL: 40 MIN | CALORIES: 760

-  Yukon Gold Potatoes
-  Carrot
-  Hot Smoked Paprika
-  Dijon Mustard
-  Sour Cream (Contains: Milk)
-  Panko Breadcrumbs (Contains: Wheat)
-  Blackening Spice
-  Hot Sauce
-  Scallions
-  Chili Pepper
-  Mayonnaise (Contains: Eggs)
-  Shredded Red Cabbage
-  White Wine Vinegar
-  Cornstarch
-  Regal Springs® Tilapia (Contains: Fish)

START STRONG

Designate one hand (or fork) for dipping fillets 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

- Peeler
- Paper towels
- Box grater
- Large pan
- Medium bowl
- Kosher salt
- Baking sheet
- Black pepper
- Small bowl
- Vegetable oil (1 tsp + more for frying)
- Sugar (1½ tsp | 3 tsp)

INGREDIENTS

Ingredient 2-person | 4-person

- Yukon Gold Potatoes 12 oz | 24 oz
- Scallions 2 | 4
- Carrot 3 oz | 6 oz
- Chili Pepper 1 | 2
- Hot Smoked Paprika 1 tsp | 2 tsp
- Mayonnaise 2 TBSP | 4 TBSP
- Dijon Mustard 2 tsp | 4 tsp
- Sour Cream 8 TBSP | 16 TBSP
- White Wine Vinegar 5 tsp | 10 tsp
- Shredded Red Cabbage 4 oz | 8 oz
- Regal Springs® Tilapia* 11 oz | 22 oz
- Blackening Spice 1 TBSP | 2 TBSP
- Panko Breadcrumbs ½ Cup | 1 Cup
- Cornstarch 1 TBSP | 2 TBSP
- Hot Sauce 1 tsp | 2 tsp

* 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

HelloFRESH



1 PREP

Adjust rack to top position and preheat oven to 425 degrees. **Wash and dry all produce.** Cut **potatoes** into ½-inch-thick wedges. Trim and thinly slice **scallions**, separating whites from greens; finely chop whites until you have 1 TBSP (2 TBSP for 4 servings). Trim, peel, and grate **carrot** on the largest holes of a box grater; add to a medium bowl. Finely chop **chili**.



4 COAT FISH

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 **Blackening Spice**, 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**, coating all over.

Share your #HelloFreshPics with us! | (646) 846-3663 HelloFresh.com | hello@hellofresh.com



2 ROAST POTATOES & MAKE REMOULADE

Toss **potatoes** on a baking sheet with a drizzle of **oil**, half the **paprika**, **salt**, and **pepper**. Roast until golden brown and crispy, 20-25 minutes. Meanwhile, in a small bowl, combine **mayonnaise**, **mustard**, **1 package sour cream** (2 packages for 4 servings), **scallion whites**, remaining **paprika**, **1 tsp vinegar** (2 tsp for 4; you'll use the rest later), and a pinch of **chili** to taste. Season with **salt** and **pepper**. Set aside.



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



3 MAKE SLAW

Meanwhile, to bowl with **carrot**, add **cabbage**, **2 TBSP scallion greens** (4 TBSP for 4 servings), **2 packages sour cream** (4 packages for 4; you'll use the rest later), **1½ tsp sugar** (3 tsp for 4), and remaining **vinegar**. Season with a big pinch of **salt** and **pepper**; toss to combine.



6 SERVE

Divide **tilapia**, **slaw**, and **potatoes** between plates. Serve with **remoulade** on the side. For an extra kick, drizzle tilapia with **hot sauce**. Garnish with any remaining **scallion greens**.

ON A ROLL

Break open a baguette and fill it with your fried tilapia, slaw, and remoulade for a crispy fish po'boy.

WK.1.NJ-13