



# LOUISIANA-STYLE TILAPIA

with Potato Wedges, Red Cabbage Slaw & Spicy Remoulade

## INGREDIENTS

2 PERSON | 4 PERSON



12 oz | 24 oz  
Yukon Gold  
Potatoes



2 | 4  
Scallions



1 | 2  
Chili Pepper



3 oz | 6 oz  
Carrot



2 TBSP | 4 TBSP  
Mayonnaise  
Contains: Eggs



2 tsp | 4 tsp  
Dijon Mustard



8 TBSP | 16 TBSP  
Sour Cream  
Contains: Milk



5 tsp | 10 tsp  
White Wine  
Vinegar



4 oz | 8 oz  
Shredded Red  
Cabbage



11 oz | 22 oz  
Tilapia  
Contains: Fish



1 | 2  
OLD BAY®  
Seasoning



½ Cup | 1 Cup  
Panko  
Breadcrumbs  
Contains: Wheat



1 TBSP | 2 TBSP  
Cornstarch

## HELLO

### REMOULADE

A go-to sauce in the Bayou State, this mayo-based condiment gets flavor boosts from both zingy Dijon mustard and tangy vinegar.



PREP: 10 MIN | COOK: 40 MIN | CALORIES: 750



### OLD BAY® SEASONING

There are two things you need to know about OLD BAY® Seasoning:

1. It's great on seafood.
2. It's great on everything else!



## BIG DIPPER

Designate one hand (or pair of tongs) for dipping fillets in the sour cream mixture and passing them to the dry plate, and the other for pressing the fish into the panko. No crumb-coated fingers here!

## BUST OUT

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

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\* Tilapia is fully cooked when internal temperature reaches 145°.



## 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). Finely chop **chili**. Trim, peel, and grate **carrot** on the largest holes of a box grater; place in a medium bowl.



## 4 COAT FISH

- Halve **tilapia\*** fillets lengthwise (you'll have a larger piece and a smaller piece). Pat dry with paper towels.
- In a shallow dish, combine **OLD BAY® Seasoning**, remaining **sour cream**, and **1 TBSP water** (2 TBSP for 4 servings).
- On a plate, combine **panko** and **cornstarch**.
- Dip each fillet into **sour cream mixture**, then press into **panko mixture**, coating all over.



## 2 COOK POTATOES & MIX SAUCE

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



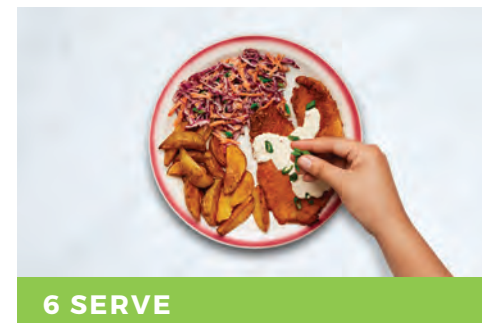
## 5 FRY FISH

- 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 **panko** 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. (For 4 servings, fry fish in batches.)



## 3 MAKE SLAW

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



## 6 SERVE

- Divide **tilapia**, **slaw**, and **potatoes** between plates. Serve with **remoulade**. Garnish with any remaining **scallion greens**.