



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, Soy



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

SPICY REMOULADE

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



PREP: 10 MIN | COOK: 40 MIN | CALORIES: 790



HELLO FRESH

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



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**.

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