



20-MIN MEAL

# TEX-MEX TILAPIA

with Cilantro Lime Couscous and Green Beans



HELLO

**REGAL SPRINGS® TILAPIA**

Sustainable and all-natural fish that's as easy to prepare as it is nutritious and delicious

PREP: 5 MIN

TOTAL: 20 MIN

CALORIES: 600



Cilantro



Lime



Southwest  
Spice Blend



Couscous  
(Contains: Wheat)



Panko Breadcrumbs  
(Contains: Wheat)



Regal Springs®  
Lake-Grown Tilapia  
(Contains: Fish)



Chipotle  
Powder



Sour Cream  
(Contains: Milk)



Green Beans



Veggie Stock  
Concentrate

## START STRONG

Cover your pot while the stock is coming to a boil—this will ensure that it heats up quickly. Remember, every moment counts during the hustle-bustle of the season.

## BUST OUT

- Small pot
- Plastic wrap
- Shallow dish
- Large pan
- Small bowl
- Medium bowl
- Oil (2 TBSP | 4 TBSP)

## INGREDIENTS

Ingredient 2-person | 4-person

- Veggie Stock Concentrate 1 | 2
- Cilantro ¼ oz | ½ oz
- Lime 1 | 2
- Panko Breadcrumbs ½ Cup | 1 Cup
- Southwest Spice Blend 1 TBSP | 2 TBSP
- Couscous ½ Cup | 1 Cup
- Regal Springs® Lake-Grown Tilapia 11 oz | 22 oz
- Sour Cream 6 TBSP | 10 TBSP
- Chipotle Powder 1 tsp | 1 tsp
- Green Beans 6 oz | 12 oz

## HELLO WINE



### PAIR WITH

Little Pioneer South Eastern  
Australia Chardonnay, 2016

[HelloFresh.com/Wine](https://www.hellofresh.com/wine)



## 1 HEAT STOCK AND PREP

Wash and dry all produce. Bring ¾ cup water, stock concentrate, and a pinch of salt to a boil in a small pot. Finely chop cilantro. Cut lime into wedges. Combine panko and Southwest spice in a shallow dish or bowl. Season with salt and pepper.



## 2 COOK COUSCOUS

Once stock is boiling, add couscous to pot, cover, and remove from heat. Let stand, covered, until liquid is absorbed and grains are tender.



## 3 COAT FISH

Brush tilapia all over with 2 TBSP sour cream (1 pack). Season with salt and pepper. Dip each fillet into panko mixture, coating all over and pressing to adhere.



## 4 COOK FISH

Heat a thin layer of oil in a large pan over medium-high heat (we used 2 TBSP oil; use a nonstick pan if you have one). Add tilapia to pan and cook until flesh is opaque and panko is golden brown, 4-5 minutes per side.



## 5 MAKE CREMA AND STEAM GREEN BEANS

While fish cooks, combine remaining sour cream, a squeeze of lime, and chipotle powder (to taste) in a small bowl. Season with salt and pepper. Pierce green bean bag with a fork and place on a microwave-safe plate. Microwave on high for 3-4 minutes (or until green beans are tender), then carefully remove green beans from bag.



## 6 FINISH AND SERVE

Fluff couscous with a fork, then stir in half the cilantro and a squeeze of lime. Season with salt and pepper. Divide between plates, then place tilapia on top. Dollop with crema. Season green beans with salt and pepper and serve to the side. Sprinkle remaining cilantro over everything. Serve with any remaining lime wedges for squeezing over.

## NICE CATCH!

Crispy, crusty fillets ready in less time than it'd take to go fish

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