



CAJUN BLACKENED TILAPIA LETTUCE WRAPS

with Black Beans, Scallions & Lemony Chili Crema

INGREDIENTS

2 PERSON | 4 PERSON



2 | 4
Scallions



1 | 2
Black Beans



1 | 2
Lemon



1 | 2
Baby Lettuce



1 tsp | 2 tsp
Garlic Powder



1 | 2
Veggie Stock Concentrate



11 oz | 22 oz
Tilapia
Contains: Fish



1 TBSP | 2 TBSP
Blackening Spice



1½ TBSP | 3 TBSP
Sour Cream
Contains: Milk



1 oz | 1 oz
Sweet Thai Chili Sauce



ANY ISSUES WITH YOUR ORDER?
WE'D BE SIMMERING LIKE STEW OVER
THERE TOO. SCAN HERE TO GET HELP!

HELLO

BLACKENING SPICE

Our blend of smoked paprika, garlic, oregano, and thyme gives tilapia a bold kick!

PREP: 10 MIN | COOK: 25 MIN | CALORIES: 520



GO FISH

If your tilapia starts to char on the surface before it's done in the center, simply lower the heat. That way, the fish will cook more evenly.

BUST OUT

- Strainer
- Paper towels
- Zester
- Large pan
- Medium pot
- Small bowl
- Kosher salt
- Black pepper
- Cooking oil (**2 tsp** | **2 tsp**)

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1 PREP

- **Wash and dry produce.**
- Trim and thinly slice **scallions**, separating whites from greens. Drain **beans**. Zest and quarter **lemon** (for 4 servings, zest one lemon and quarter both). Trim and discard root end from **lettuce**; separate leaves.



2 START BEANS

- Heat a **drizzle of oil** in a medium pot over medium-high heat. Add **scallion whites**; cook, stirring occasionally, until slightly softened and fragrant, 30-60 seconds.
- Stir in **beans, garlic powder, stock concentrate, ¼ cup water** (½ cup for 4 servings), and a **big pinch of salt and pepper**. Bring to a boil, then reduce heat to low and cook until thickened, 7-8 minutes.



3 COOK FISH

- Meanwhile, pat **tilapia*** dry with paper towels; rub with **Blackening Spice** and season with **salt**.
- Heat a **drizzle of oil** in a large, preferably nonstick, pan over medium heat. Add tilapia and cook until browned and cooked through, 5-7 minutes per side. Transfer to a cutting board.



4 MAKE CREMA

- In a small bowl, combine **sour cream, half the chili sauce** (all for 4 servings), **juice from half the lemon**, and as much **lemon zest** as you like.
- Add **water** 1 tsp at a time until mixture reaches a drizzling consistency.



5 FINISH BEANS & TILAPIA

- Once **beans** are done, remove from heat; stir in **juice from one lemon wedge** (two wedges for 4 servings).
- Cut **tilapia** into 12-16 pieces.



6 FINISH & SERVE

- Divide **lettuce leaves** between plates; fill with **tilapia** and as many **beans** as you like. Sprinkle with **scallion greens** and drizzle with **crema**.
- Serve with any **remaining lemon wedges** and any remaining beans on the side.

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