



BLACKENED FISH TACOS

with Caramelized Pineapple and Red Cabbage Slaw



HELLO

CHARRED PINEAPPLE

The tropical fruit gets caramelized in the pan to bring out its inner sweetness.

PREP: 5 MIN | **TOTAL: 25 MIN** | **CALORIES: 770**



Pineapple



Catfish
(Contains: Fish)



Carrot



Mayonnaise
(Contains: Eggs)



Sour Cream
(Contains: Milk)



Lime



Cajun Spice Blend



Red Cabbage



Flour Tortillas
(Contains: Wheat)



Cilantro

START STRONG

If you like, you can add a squeeze or two of lime to the sour cream to give things an extra citrusy kick.

BUST OUT

- Strainer
- Paper towels
- Large pan
- Peeler
- Oil (1 TBSP | 2 TBSP)
- Sugar (½ tsp | 1 tsp)
- Medium bowl

INGREDIENTS

Ingredient 2-person | 4-person

- Pineapple 4 oz | 8 oz
- Lime 1 | 2
- Catfish 11 oz | 22 oz
- Cajun Spice Blend 1 TBSP | 2 TBSP
- Carrot 1 | 2
- Red Cabbage 4 oz | 8 oz
- Mayonnaise 2 TBSP | 4 TBSP
- Flour Tortillas 6 | 12
- Sour Cream 2 TBSP | 4 TBSP
- Cilantro ¼ oz | ½ oz

HELLO WINE



PAIR WITH

Flor de Naranja Luján de Cuyo
Torrantés, 2016

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1 PREHEAT AND PREP

Wash and dry all produce. Preheat oven to 400 degrees. Drain **pineapple**. Halve **lime**; cut one half into wedges. Pat **catfish** dry with a paper towel. Sprinkle with a drizzle of **oil** and season with **salt** and **pepper**. Sprinkle **Cajun spice** onto fillets, then gently rub into fish to moisten.



4 MAKE SLAW

Peel **carrot**. Using a vegetable peeler, shave carrot lengthwise into long ribbons, rotating as necessary. Discard carrot core once it becomes too thin to shave. Add carrot, **cabbage**, **mayonnaise**, juice from **lime half**, ½ **tsp sugar**, and a large pinch of **salt** and **pepper** to a medium bowl. Toss until thoroughly combined.



2 COOK PINEAPPLE

Heat a drizzle of **oil** in a large pan over medium-high heat (use an ovenproof pan if you have one). Add **pineapple** and cook, tossing, until browned, 2-3 minutes. Remove from pan and set aside.



5 WARM TORTILLAS

Wrap **tortillas** in a damp paper towel and microwave on high until warm, about 30 seconds. **TIP:** Alternatively, wrap tortillas in foil and place in oven to warm, about 3 minutes.



3 COOK CATFISH

Heat another drizzle of **oil** in same pan over medium-high heat. Add **catfish** and cook until browned on surface, about 2 minutes per side. Transfer pan to oven and bake until catfish is opaque and flaky, 8-14 minutes. **TIP:** Transfer catfish to a lightly oiled baking sheet first if your pan isn't ovenproof.



6 PLATE AND SERVE

Stir **pineapple** into slaw. Spread **tortillas** with **sour cream**. Break up **catfish** into bite-sized pieces and divide between tortillas. Top each with **slaw**. Tear **cilantro** leaves from stems and scatter over top. Serve with **lime wedges** on the side for squeezing over.

MARVELOUS!

Fish tacos go tropical with that pineapple slaw.

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