



20-MIN MEAL

# CRISPY BREADED TILAPIA

with Asparagus, Lemon Chive Sauce, and Ciabatta Toasts



## HELLO

### LEMON CHIVE SAUCE

Bright, citrusy, and creamy, it's fish's best friend.

**PREP: 5 MIN** | **TOTAL: 20 MIN** | **CALORIES: 710**



Asparagus



Chives



Panko Breadcrumbs  
(Contains: Wheat)



Ciabatta Bread  
(Contains: Wheat, Soy)



Lemon



Sour Cream  
(Contains: Milk)



Tilapia  
(Contains: Fish)

## START STRONG

No double-dipping here: keep the sauce used for the fish separate from that used for drizzling. You don't want to mix up the two.

## BUST OUT

- 2 Small bowls
- Large pan
- 2 Baking sheets
- Shallow dish
- Paper towel
- Oil (1 TBSP | 2 TBSP)
- Butter (2 TBSP | 4 TBSP)  
(Contains: Milk)

## INGREDIENTS

Ingredient 2-person | 4-person

- Asparagus 6 oz | 12 oz
- Lemon 1 | 2
- Chives ¼ oz | ½ oz
- Sour Cream 4 TBSP | 8 TBSP
- Panko Breadcrumbs ½ Cup | 1 Cup
- Tilapia 11 oz | 22 oz
- Ciabatta Bread 2 | 4

## HELLO WINE



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## 1 PREHEAT AND PREP

**Wash and dry all produce.** Preheat oven to 450 degrees. Trim and discard bottom woody ends from **asparagus**. Halve **lemon**; cut one half into wedges. Finely chop **chives**.



## 4 CRUST AND COOK FISH

Pat tilapia dry with a paper towel and season all over with salt and pepper. Brush all over with half the **sauce**. Dip one fillet in **panko mixture**, coating all over and pressing to adhere. Repeat with other fillet. Heat a large drizzle of **oil** in a large pan over medium-high heat. Add tilapia and cook until flesh is opaque and crust is golden brown, 4-6 minutes per side. (**TIP:** Lower heat if crumbs brown too quickly.)

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## 2 MAKE SAUCE

In a small bowl, stir together **sour cream**, **1 TBSP chives**, and a squeeze of **lemon**. Season with **salt**, **pepper**, and more lemon (to taste). Set aside half for brushing the fish and half for serving.



## 5 MAKE TOASTS

While fish cooks, place **2 TBSP butter** and **1 TBSP chives** in another small bowl. Microwave until melted, about 30 seconds. Split **ciabattas** in half and brush cut sides with butter mixture. Season with **salt** and **pepper**. Place on another baking sheet and toast in oven until golden brown, about 5 minutes (you can place them on the same sheet as the asparagus, if there's room).



## 3 COOK ASPARAGUS AND PREP CRUST

Toss **asparagus** with a drizzle of **oil** on a baking sheet. Season with **salt** and **pepper**. Bake in oven until tender and lightly crisped, 10-12 minutes. Meanwhile, place **panko** in a shallow dish or plate and season with salt and pepper.



## 6 FINISH AND SERVE

Cut **toasts** into triangles. Divide between plates along with **tilapia** and **asparagus**. Drizzle tilapia with remaining **sauce**. Serve with any remaining **lemon** on the side for squeezing over.

## SUPERB!

Use the ciabatta to soak up all the tasty sauce from the plate.

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