



# FISH AND CHIPS

with Tilapia, Dill Pickle Tartar Sauce, and Zucchini



**HELLO**



**REGAL SPRINGS® TILAPIA**  
Sustainable and all-natural fish that's as easy to prepare as it is nutritious and delicious

**PREP: 15 MIN | TOTAL: 40 MIN | CALORIES: 700**



Yukon Gold Potatoes



Oh Snap!™ Dill Pickle



Flour  
(Contains: Wheat)



Fry Seasoning



Sour Cream  
(Contains: Milk)



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



Lemon



Zucchini



Baking Powder



Cornstarch



Mayonnaise  
(Contains: Eggs)

## START STRONG

Be careful when adding the battered fish to the pan—the hot oil can easily splatter. Lower the strips in gently and use mitts for protection.

## BUST OUT

- Baking sheet
- Medium bowl
- Large pan
- Paper towel
- Small bowl
- Oil (8 tsp | 16 tsp)

## INGREDIENTS

Ingredient 2-person | 4-person

- |                                     |                 |
|-------------------------------------|-----------------|
| • Yukon Gold Potatoes               | 12 oz   24 oz   |
| • Lemon                             | 1   1           |
| • Oh Snap!™ Dill Pickle             | 1   2           |
| • Zucchini                          | 1   2           |
| • Fry Seasoning                     | 1 TBSP   2 TBSP |
| • Regal Springs® Lake-Grown Tilapia | 11 oz   22 oz   |
| • Flour                             | ½ Cup   1 Cup   |
| • Baking Powder                     | 1 tsp   2 tsp   |
| • Cornstarch                        | 2 TBSP   4 TBSP |
| • Sour Cream                        | 2 TBSP   4 TBSP |
| • Mayonnaise                        | 2 TBSP   4 TBSP |

## HELLO WINE



### PAIR WITH

Pique-Nique Pays d'Oc  
Chardonnay, 2016

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



## 1 PREHEAT AND PREP

**Wash and dry all produce.** Adjust rack to middle position and preheat oven to 450 degrees. Cut **potatoes** into ¼-inch-thick wedges. Cut **lemon** into wedges. Cut **pickle** lengthwise into quarters; finely chop one quarter. Halve **zucchini** crosswise, then cut each half lengthwise into eight wedges.



## 4 FRY FISH

Heat a thin layer of **oil** in a large pan over medium-high heat (we used 2 TBSP). Once oil is hot, remove **tilapia** from bowl, letting excess batter drip off, and add to pan. Cook until deeply golden and crisp, about 5 minutes per side. Transfer to a paper-towel-lined plate and immediately season with **salt** and **pepper**. **TIP:** Work in batches, taking care not to overcrowd the pan.



## 2 ROAST POTATOES

Toss **potatoes** on a baking sheet with half the **fry seasoning**, a drizzle of **oil**, **salt**, and **pepper**. Roast in oven until tender and crisped, about 20 minutes, tossing halfway through.



## 5 MAKE TARTAR SAUCE

While fish cooks, combine **chopped pickle**, **sour cream**, and **mayonnaise** in a small bowl. Stir in a squeeze or two of **lemon** (to taste). Season with **salt** and **pepper**. Once **potatoes** are done roasting, remove from baking sheet and set aside, covered, to keep warm. Heat broiler to high or increase oven temperature to 500 degrees.



## 3 COAT FISH

Cut **tilapia** lengthwise into 1-inch-wide strips (you'll have about six). Season all over with **salt** and **pepper**. Whisk **flour**, **baking powder**, remaining **fry seasoning**, **cornstarch**, and ¾ cup **water** in a medium bowl. Season with salt and pepper. Add tilapia to bowl, one piece at a time, tossing to coat in batter.



## 6 FINISH AND SERVE

Toss **zucchini** on same baking sheet with a drizzle of **oil**, **salt**, and **pepper**. Broil (or bake) until tender and browned, about 10 minutes. Divide between plates, along with **tilapia**, **potatoes**, and **pickle quarters** (split one in half, unless they're too good to share). Serve with **tartar sauce** for dipping and **lemon wedges** for squeezing over.

## SMASHING!

Battered, browned, and crisp—  
now that's a proper supper!

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