



20-MIN MEAL

FRIED TILAPIA SANDWICHES

with Spicy Sauce and Cabbage Cucumber Slaw



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



NATURALLY BETTER
TILAPIA

PREP: 5 MIN | TOTAL: 20 MIN | CALORIES: 880

-  Persian Cucumber
-  Brioche Buns
(Contains: Wheat, Eggs, Milk)
-  White Wine Vinegar
-  Sour Cream
(Contains: Milk)
-  Fry Seasoning
-  Scallions
-  Red Cabbage
-  Regal Springs® Tilapia
(Contains: Fish)
-  Panko Breadcrumbs
(Contains: Wheat)
-  Hot Sauce

START STRONG

To ensure that your crust is crisp and stays put on the fish, make sure that the oil is quite hot before adding the fillets to the pan in step 4. Test it out by adding one breadcrumb first—it should sizzle.

BUST OUT

- Medium bowl
- Small bowl
- Large pan
- Sugar (1 tsp | 2 tsp)
- Olive oil (2 tsp | 4 tsp)
- Butter (1 TBSP | 2 TBSP)
(Contains: Milk)
- Vegetable oil (for frying)

INGREDIENTS

Ingredient 2-person | 4-person

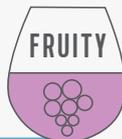
- | | |
|---|------------------|
| • Persian Cucumber | 1 2 |
| • Scallions | 2 4 |
| • Red Cabbage | 4 oz 8 oz |
| • White Wine Vinegar | 5 tsp 10 tsp |
| • Brioche Buns | 2 4 |
| • Panko Breadcrumbs | ½ Cup 1 Cup |
| • Fry Seasoning | 1 TBSP 2 TBSP |
| • Sour Cream | 6 TBSP 12 TBSP |
| • Tilapia* | 11 oz 22 oz |
| • Hot Sauce  | 2 tsp 4 tsp |

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

WINE CLUB

Pair this meal with a HelloFresh Wine matching this icon.

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







1 MAKE SLAW

Wash and dry all produce. Thinly slice **cucumber** on a diagonal. Trim and thinly slice **scallions**. In a medium bowl, combine scallions, cucumber, **cabbage**, **vinegar**, **1 tsp sugar**, and a large drizzle of **olive oil**. Season with **salt** and **pepper**.



4 FRY FISH

Heat a ¼-inch layer of **oil** in pan used for buns over medium-high heat. Add **tilapia** and cook until panko is golden and fish is cooked through, 3-4 minutes per side.



2 TOAST BUNS

Halve **buns**. Melt **1 TBSP butter** in a large pan over medium-high heat (use a nonstick pan if you have one). Add **buns** cut sides down and toast until golden, 2-3 minutes. Set aside.



5 MIX SAUCE

In a small bowl, combine remaining **sour cream**, remaining **Fry Seasoning**, and half the **hot sauce**. Season with **salt** and **pepper**.



3 COAT FISH

While buns toast, in a shallow dish, combine **panko**, **½ tsp salt**, and **2 tsp Fry Seasoning** (save the last teaspoon for step 5). Brush **2 TBSP sour cream** (1 packet) onto **tilapia**, coating all over. Season with salt and **pepper**. Dip each fillet in panko mixture, coating all over and pressing to adhere.



6 ASSEMBLE AND SERVE

Cut **tilapia** into 3-inch pieces. Spread **sauce** onto cut sides of **buns**. Fill buns with tilapia and a bit of **slaw**. (**TIP:** If there's more fish than will fit, serve it on the side.) Drizzle with remaining **hot sauce** (to taste). Divide between plates and serve with remaining slaw on the side.

YUMMY!

A hot sandwich and cool crisp slaw are a perfect pairing.

Share your #HelloFreshPics with us! | (646) 846-3663 [HelloFresh.com](https://www.hellofresh.com) | hello@hellofresh.com

WK12 NJ-13