



20-MIN MEAL

TEX-MEX TILAPIA

with Cilantro Lime Couscous and Green Beans



HELLO

TEX-MEX TILAPIA

Breadcrumb-coated fillets with Southwestern spices bring smoky flavor and plenty of crunch.

PREP: 5 MIN | TOTAL: 20 MIN | CALORIES: 600



Cilantro



Southwest Spice Blend



Panko Breadcrumbs
(Contains: Wheat)



Chipotle Powder



Green Beans



Lime



Couscous
(Contains: Wheat)



Tilapia
(Contains: Fish)



Sour Cream
(Contains: Milk)



Veggie Stock Concentrate

START STRONG

Make sure your pan and oil are quite hot (but not smoking) before adding the fillets. This will ensure that the breadcrumbs stick to the fish and not the pan.

BUST OUT

- Small pot
- Shallow dish
- Large pan
- Small bowl
- Oil (2 TBSP | 4 TBSP)

INGREDIENTS

Ingredient 2-person | 4-person

- Veggie Stock Concentrate 1 | 2
- Cilantro ¼ oz | ½ oz
- Lime 1 | 2
- Panko Breadcrumbs ½ Cup | 1 Cup
- Southwest Spice Blend 1 TBSP | 2 TBSP
- Couscous ½ Cup | 1 Cup
- Tilapia 11 oz | 22 oz
- Sour Cream 6 TBSP | 10 TBSP
- Chipotle Powder 1 tsp | 1 tsp
- Green Beans 6 oz | 12 oz

HELLO WINE



PAIR WITH
Coeur Sauvage Bordeaux
Blanc, 2016

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

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1 HEAT STOCK AND PREP

Wash and dry all produce except green beans. Bring ¾ cup water, stock concentrate, and a pinch of salt to a boil in a small pot. Finely chop cilantro. Cut lime into wedges. Stir together panko and Southwest spice in a shallow dish or bowl. Season with salt and pepper.



4 COOK FISH

Heat a thin layer of oil in a large pan over medium-high heat (we used 2 TBSP oil; use a nonstick pan if you have one). Add tilapia to pan and cook until flesh is opaque and panko is golden brown, 4-5 minutes per side.



2 COOK COUSCOUS

Once stock is boiling, add couscous to pot. Cover, then remove from heat. Let stand, covered, until liquid is absorbed and grains are tender.



5 MAKE CREMA AND STEAM GREEN BEANS

While fish cooks, combine remaining sour cream, a squeeze of lime, and chipotle powder (to taste) in a small bowl. Season with salt and pepper. Pierce green bean bag with a fork and place on a microwave-safe plate. Microwave on high for 3-4 minutes (or until green beans are tender), then carefully remove green beans from bag.



3 COAT FISH

Brush tilapia all over with 2 TBSP sour cream (1 pack). Season with salt and pepper. Dip each fillet into panko mixture, coating all over and pressing to adhere.



6 FINISH AND SERVE

Fluff couscous with a fork, then stir in half the cilantro and a squeeze of lime. Season with salt and pepper. Divide between plates, then place tilapia on top. Dollop with crema. Season green beans with salt and pepper and serve on the side. Sprinkle remaining cilantro over everything. Serve with any remaining lime wedges.

NICE CATCH!

Crispy, crusty fillets ready in less time than it takes to go fish

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