



20-MIN MEAL

TROPICAL TILAPIA TACOS

with Mango Cabbage Slaw and Chipotle Crema



HELLO

MANGO SLAW

The tropical fruit adds a touch of sweetness to this cool and crisp taco topping.

PREP: 5 MIN | **TOTAL: 20 MIN** | **CALORIES: 540**



Mango



Red Cabbage



Tilapia
(Contains: Fish)



Chipotle Powder



Cilantro



Lime



Southwest
Spice Blend



Sour Cream
(Contains: Milk)



Flour Tortillas
(Contains: Wheat)

START STRONG


Mangoes have a flat, oblong pit in the center. When prepping the fruit, cut along the sides of this pit to create two “cheeks.”

BUST OUT

- Peeler
- Medium bowl
- Small bowl
- Large pan
- Paper towel
- Olive oil (2 tsp | 4 tsp)

INGREDIENTS

Ingredient 2-person | 4-person

- Mango 1 | 2
- Lime 1 | 2
- Red Cabbage 4 oz | 8 oz
- Southwest Spice Blend 1 TBSP | 2 TBSP
- Tilapia 11 oz | 22 oz
- Sour Cream 4 TBSP | 8 TBSP
- Chipotle Powder  1 tsp | 1 tsp
- Flour Tortillas 6 | 12
- Cilantro ¼ oz | ½ oz

HELLO WINE



PAIR WITH

Au Haro New Zealand Sauvignon Blanc, 2016

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



1 PREP

Wash and dry all produce. Peel mango, then remove flesh from pit; discard pit. Cut flesh into thin slices, then cut slices into skinny matchsticks. Halve lime.



2 MAKE SLAW

Place mango, cabbage, and a squeeze of lime juice in a medium bowl. Season with salt and pepper. Toss to combine, then set aside.



3 SEASON FISH

Set aside ½ tsp Southwest spice in a small bowl. Season tilapia all over with salt, pepper, and remaining Southwest spice. Sprinkle with a drizzle of olive oil. Rub seasonings into fillets until moistened.



4 COOK FISH

Heat a drizzle of olive oil in a large pan over medium-high heat (use a nonstick pan if you have one). Add tilapia and cook until opaque and flaky, 3-4 minutes per side.



5 MAKE CREMA

Meanwhile, add sour cream and a pinch of chipotle powder to bowl with reserved ½ tsp Southwest spice. Season with salt, pepper, and more chipotle powder (to taste). Stir in water 1 tsp at a time until mixture has a drizzly consistency.



6 WARM TORTILLAS AND ASSEMBLE

Wrap tortillas in a damp paper towel and microwave on high until warm, about 30 seconds. Break up tilapia into bite-sized pieces and divide between tortillas. Top with slaw (you may not use all). Tear cilantro leaves from stems and scatter over. Drizzle with crema. Serve with any remaining slaw on the side.

MANGO-A-GO-GO!

Who would've thought that mangoes pair well with spicy and savory flavors?

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