



BLACKENED FISH TACOS

with Pineapple Salsa and Red Cabbage Slaw



HELLO
BLACKENED FISH
Spice-rubbed fillets are charred simply under the broiler—no flipping, fidgeting, or fuss.

PREP: 5 MIN | **TOTAL: 30 MIN** | **CALORIES: 600**



Pineapple



Limes



Garlic



Southwest
Spice Blend



Mayonnaise
(Contains: Eggs)



Flour Tortillas
(Contains: Wheat)



Cilantro



Shallot



Tilapia
(Contains: Fish)



Sour Cream
(Contains: Milk)



Red Cabbage

START STRONG


Have your littlest sous chefs do the prep: kids can help with making the salsa, crema, and slaw, as well as assembling the tacos in their tortillas.

BUST OUT

- Strainer
- Paper towel
- 2 Medium bowls
- Baking sheet
- Small bowl
- Olive oil (1 TBSP)
- Sugar (1 tsp)

INGREDIENTS

Ingredient 4-person

- Pineapple 12 oz
- Cilantro ½ oz
- Limes 2
- Shallot 1
- Garlic ½ tsp
- Tilapia 22 oz
- Southwest Spice Blend  2 TBSP
- Sour Cream 4 TBSP
- Mayonnaise 4 TBSP
- Red Cabbage 8 oz
- Flour Tortillas 12

HELLO WINE



PAIR WITH
Abuela Dolores Albariño
Rías Baixas, 2015

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 HelloFRESH



1 PREHEAT AND PREP

Wash and dry all produce. Preheat broiler to high. Drain **pineapple**, then place in a medium bowl. Chop half the **cilantro** (save the rest for garnish). Halve one **lime**; cut other lime into wedges. Halve and peel **shallot**, then mince until you have 1 TBSP. Mince **garlic** until you have ½ tsp (you will have some left over).



4 MAKE CREMA

Meanwhile, combine **sour cream**, **mayonnaise**, **1 TBSP water**, a squeeze of **lime**, and a pinch of **garlic** in a small bowl. Season with **salt** and **pepper**. **TIP:** Add more or less garlic to taste, or leave it out entirely if you prefer.



2 MAKE SALSA

Add **shallot**, half the **chopped cilantro**, and a squeeze of **lime** to bowl with pineapple. Toss to combine. Season with **salt** and **pepper**.



5 MAKE SLAW

In another medium bowl, toss **cabbage**, remaining **chopped cilantro**, **1 tsp sugar**, a squeeze of **lime**, and **2 TBSP crema**. Season with **salt**, **pepper**, and more lime (to taste).



3 BROIL FISH

Place **tilapia** on a lightly oiled baking sheet. Sprinkle with a large drizzle of **olive oil**. Season all over with **salt**, **pepper**, and **Southwest spice**. Rub seasonings into tilapia to moisten. Place under broiler and broil until opaque and lightly charred, about 8 minutes.



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. Fill each tortilla with tilapia, **slaw**, and **salsa**. Drizzle with remaining **crema**. Tear leaves from reserved **cilantro** and scatter over. Serve with **lime wedges** on the side.

FRESH TALK

If you could have dinner with anyone from the past or present, who would it be?

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