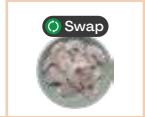




# Golden-Crusted BBQ Tilapia Wraps

## with Marinated Cabbage and Potato Wedges

Family Friendly 35 Minutes



Shrimp

285 g | 570 g

Customized Protein **+** Add **↻** Swap or **✖2** Double

If you chose to alter your protein, simply follow the **icons and specific instructions** on the back in the sidebar and you're set. You can also refer to your customized recipe online, [visit hellofresh.ca](https://www.hellofresh.ca)



Tilapia  
300 g | 600 g



Flour Tortillas  
6 | 12



Russet Potato  
2 | 4



Mini Cucumber  
1 | 2



Red Cabbage, shredded  
113 g | 226 g



Spring Mix  
28 g | 56 g



Crispy Shallots  
28 g | 56 g



Mayonnaise  
4 tbsp | 8 tbsp



BBQ Sauce  
4 tbsp | 8 tbsp



Panko Breadcrumbs  
¼ cup | ½ cup



White Wine Vinegar  
2 tbsp | 4 tbsp



BBQ Seasoning  
1 tbsp | 2 tbsp

**Allergens** Hey home cooks! Please refer to the website or app for the as-prepared recipe nutritional information.

Ingredients are packaged in a facility that also handles egg, fish, crustacean, shellfish, milk, mustard, peanuts, sesame, soy, sulphites, tree nuts and wheat.

**Pantry items** | Oil, sugar, salt, pepper

**Cooking utensils** | Aluminum foil, 2 baking sheets, measuring cups, measuring spoons, medium bowl, paper towels, parchment paper, small bowl, strainer

1



### Roast potatoes

- Before starting, preheat oven to 450°F.
- Wash and dry all produce.

- Cut **potatoes** into ½-inch wedges.
- Add **potatoes**, **half the BBQ seasoning** and **1 tbsp oil** to an unlined baking sheet. (**NOTE:** For 4 ppl, use 2 baking sheets, with 1 tbsp oil per sheet.) Season with **salt** and **pepper**. Toss to coat.
- Roast in the **middle** of the oven, flipping halfway through, until tender and golden-brown, 25-28 min. (**NOTE:** For 4 ppl, roast in the middle and bottom of the oven, rotating sheets halfway through.)

4



### Roast fish and finish prep

Swap | Shrimp

- Roast **tilapia** in the **bottom** of the oven until topping is golden-brown and **tilapia** is cooked through 10-14 min.\*\*
- Meanwhile, thinly slice **cucumber**. Season with **salt** and **pepper**.
- Combine **BBQ sauce** and **remaining mayo** in a small bowl. This is your dipping **sauce**.

2



### Marinate cabbage and prep

- Meanwhile, add **cabbage**, **vinegar**, and **1 tsp (2 tsp) sugar** to a large bowl. Season with **salt** and **pepper**. Toss to coat.
- Make a small cut in the package of **crispy shallots**. Gently crush **shallots** in the package with your hands or a heavy-bottomed pan until **shallots** are in fine crumbs.
- Combine **crispy shallot crumbs**, **panko** and **1 tsp (2 tsp) oil** in a medium bowl.

5



### Warm tortillas

- When **tilapia** is almost done, wrap **tortillas** in foil, then place in the top of the oven until warm, 4-5 min. (**TIP:** You can skip this step if you don't want to warm the **tortillas**.)
- Before assembling wraps, using a fork, portion **each tilapia fillet** into 6 large pieces (you will have 12 pieces for 2 ppl and 24 pieces for 4 ppl).

3



### Prep tilapia

Swap | Shrimp

- Line a baking sheet with parchment paper.
- Measure out **2 tbsp (4 tbsp)** mayo to coat tilapia. (**NOTE:** Reserve remaining mayo for BBQ-mayo sauce in step 4.)
- Pat **tilapia** dry with paper towels. Season with **salt**, **pepper** and **remaining BBQ Seasoning**, then transfer to prepared baking sheet.
- Spread measured **mayo** over top. Top with **crispy shallot mixture**, pressing down gently to adhere.

6



### Finish and serve

- Arrange **tortillas** on a clean surface. Spread **some of the BBQ-mayo sauce** down the middle of **each tortilla**.
- Top with **spring mix**, **marinated cabbage**, **tilapia** and **cucumbers**.
- Divide **potato wedges** and wraps between plates.
- Serve with **remaining BBQ-mayo dip** alongside.

Measurements  
within steps

1 tbsp (2 tbsp) oil  
2 person 4 person Ingredient

### 3 | Prep shrimp

Swap | Shrimp

If you've opted to get **shrimp**, using a strainer, drain and rinse **shrimp**, then pat dry with paper towels. Add **shrimp**, **measured mayo** and **remaining BBQ seasoning** to prepared baking sheet. Season with **salt** and **pepper**, and toss to coat. Top with **crispy shallot mixture**, pressing down gently to adhere.

### 4 | Roast shrimp and finish prep

Swap | Shrimp

Cook the **shrimp** as the recipe instructs you to cook the **tilapia**. Then decrease roasting time to 5-8 min.\*\*

\*\* Cook seafood and fish to a minimum internal temperature of 74°C/165°F and 71°C/158°F, as size may vary.