

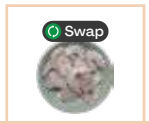


Cajun Tilapia Sandwich

with Spicy Remoulade and Charred Corn Slaw

Spicy

20 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)



You have been entered for a chance to win **1 OF 25 FREE VIDA BBQS!**

Keep ordering from the summer menu throughout June to get more chances to win. Every order of a summer menu recipe gets you an entry into the contest.

vida

PADERNO



No Purchase Necessary. Mail-in essay permitted as an alternate form of entry. This contest ("Contest") is sponsored and operated by GDE Grocery Delivery E-Service Canada Inc. ("HelloFresh"). Contest open to individuals legally resident in British Columbia, Alberta, Saskatchewan, Manitoba, Ontario, New Brunswick, Prince Edward Island, Nova Scotia, and Newfoundland and Labrador who are the legal age of majority or older in the province of residence at time of entry. Contest closed to residents of Quebec. Contest begins June 3, 2024 at 9:00 a.m. EST and ends on June 30, 2024 at 11:59 p.m. EST Skill-testing question required. Odds of winning depends on number of eligible entries. No set number of prizes has been allocated to any particular province or region. Limit six entries per person per week. If entering via eligible purchase, only marked summer recipes are eligible. 25 Prizes: each a Vida by PADERNO Essence Series 4 Burner Propane Gas BBQ Grill (approx. retail value of \$949.99 CAD), Canadian Tire is not a sponsor, co-sponsor, or administrator of the contest. Full contest rules and details are accessible at [hellofresh.ca/freshsummer](https://www.hellofresh.ca/freshsummer).

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.

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Tilapia
300 g | 600 g



Artisan Bun
2 | 4



Coleslaw Cabbage Mix
170 g | 340 g



Corn Kernels
113 g | 227 g



Lemon
1 | 2



Parsley
7 g | 14 g



Dill Pickle, sliced
90 ml | 180 ml



Yogurt Sauce
3 tbsp | 6 tbsp



Mayonnaise
2 tbsp | 4 tbsp



Cajun Spice Blend
1 tbsp | 2 tbsp



Whole Grain Mustard
1 tbsp | 2 tbsp

Ingredient quantities 56 g | 113 g
2 person 4 person

Pantry items | Sugar, oil, salt, pepper

Cooking utensils | Baking sheet, large bowl, large non-stick pan, measuring spoons, paper towels, 2 small bowls, whisk, zester

1



Roast corn

- Before starting, preheat the oven to 450°F.
- Wash and dry all produce.
- Add **corn** to an unlined baking sheet, then pat dry with paper towels. Season with **salt** and **pepper**.
- Drizzle **1 tbsp** (2 tbsp) **oil** over **corn**, then stir to coat.
- Roast in the **middle** of the oven, tossing **corn** halfway through, until dark-brown in spots, 5-6 min.

2



Prep

- Meanwhile, finely chop **parsley**.
- Drain **pickles** over a small bowl. Set aside **reserved pickle brine**. Finely chop **1 tbsp** (2 tbsp) **pickles**. Set **remaining pickles** aside.
- Zest, then juice **lemon**.

3



Cook tilapia

- Heat a large non-stick pan over medium-high heat.
- While the pan heats, pat **tilapia** dry with paper towels, then season with **pepper** and **2 tsp** (4 tsp) **Cajun Spice Blend**.
- When the pan is hot, add **½ tbsp** (1 tbsp) **oil**, then **tilapia**. Cook, flipping once, until **tilapia** is opaque and cooked through, 2-3 min per side.**

4



Make coleslaw

- Meanwhile, add **half the mustard**, **half the mayo**, **½ tbsp** (1 tbsp) **yogurt sauce**, **½ tbsp** (1 tbsp) **lemon juice**, **½ tsp** (1 tsp) **sugar** and **1 tbsp** (2 tbsp) **oil** to a large bowl. Season with **salt** and **pepper**, then whisk to combine.
- Add **cabbage coleslaw mix**, **corn**, **diced pickles** and **parsley** to the bowl with **dressing**. Toss to coat.

5



Toast buns

- Halve **sandwich buns**.
- Arrange **buns** directly on the **top** rack of the oven, cut-side up. Toast **buns** until golden-brown, 3-4 min. (**TIP**: Keep an eye on buns so they don't burn!)

6



Finish and serve

- Combine **remaining mayo**, **remaining yogurt sauce**, **remaining mustard**, **remaining Cajun Spice Blend**, **½ tsp** (1 tsp) **lemon zest** and **1 tsp** (2 tsp) **pickle brine** in another small bowl.
- Spread **remoulade** on **buns**. Stack **pickles** and **tilapia** on **bottom buns**. Close with **top buns**. (**TIP**: Add some coleslaw to your sandwich, if desired!)
- Divide **sandwiches** and **coleslaw** between plates.

Measurements
within steps

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

3 | Cook shrimp

Swap | Shrimp

If you've opted to get **shrimp**, prep and cook **shrimp** in the same way the recipe instructs you to prep and cook the **tilapia**.**

** Cook fish and shrimp to minimum internal temperatures of 71°C/160°F and 74°C/165°F, respectively, as size may vary.