



# Golden Breaded Tilapia

## with DIY Tartar Sauce and Potato Coins


Family Friendly 25 - 35 Minutes

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)

 Swap	 Double
	
Salmon Fillets, skin-on 250 g   500 g	Tilapia 600 g   1200 g



	
Tilapia 300 g   600 g	Mayonnaise 8 tbsp   16 tbsp
	
Italian Breadcrumbs 4 tbsp   8 tbsp	Zesty Garlic Blend 1 tbsp   2 tbsp
	
Yellow Potato 350 g   700 g	Dill Pickle, sliced 90 ml   90 ml
	
Zucchini 1   2	Lemon 1   1

**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.

Ingredient quantities	56 g	113 g
	2 person	4 person

Pantry items | Salt, oil, pepper

Cooking utensils | 2 baking sheets, large non-stick pan, measuring spoons, medium bowl, paper towels, parchment paper, small bowl, strainer, zester

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## Prep and roast potato coins

- Before starting, preheat the oven to 450°F.
- Wash and dry all produce.
- Zest Guide for Step 4: ¼ tsp (½ tsp) mild, ½ tsp (1 tsp) medium and 1 tsp (2 tsp) zesty!

- Cut **potatoes** into ¼-inch rounds.
- Add **potatoes** and **1 tbsp oil** to a parchment-lined baking sheet. (NOTE: For 4 ppl, use 2 baking sheets, with 1 tbsp oil per sheet.)
- Season with **salt, pepper** and **half the Zesty Garlic Blend**. Toss to coat.
- Roast in the **middle** of the oven, flipping halfway through, until tender and golden-brown, 24-26 min. (NOTE: For 4 ppl, roast in the middle and bottom of the oven, rotating sheets halfway through.)

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## Make DIY tartar sauce

- Add **reserved mayo, chopped pickles, 1 tsp (2 tsp) lemon juice** and ¼ tsp (½ tsp) **lemon zest** to a medium bowl. (NOTE: Reference zest guide.)
- Season with **pepper**, then stir to combine.

2



## Coat and roast tilapia

🔄 Swap | **Salmon**

✖2 Double | **Tilapia Fillets**

- Measure **2 tbsp (4 tbsp) mayo** to coat **tilapia**. (NOTE: Reserve remaining mayo for step 4.)
- Combine **breadcrumbs** and **1 tsp (2 tsp) oil** in a small bowl.
- Pat **tilapia** dry with paper towels. Place on another parchment-lined baking sheet.
- Season **tilapia** with **remaining Zesty Garlic Blend, salt** and **pepper**. Spread **measured mayo** over top. Top with **breadcrumbs**, pressing down gently to adhere.
- Roast in the **top** of the oven until **tilapia** is cooked through, 14-17 min. \*\*

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## Prep

- Meanwhile, halve **zucchini** lengthwise, then cut into ½-inch half-moons.
- Zest, then juice **half the lemon**. Cut **remaining lemon** into wedges.
- Drain **pickles**. Very finely chop **2 tbsp (4 tbsp)**.

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## Cook zucchini

- Heat a large non-stick pan over medium-high heat.
- When the pan is hot, add **1 tsp (2 tsp) oil**, then **zucchini**. Season with **salt** and **pepper**.
- Cook, stirring often, until tender-crisp, 4-5 min.

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## Finish and serve

- Divide **tilapia, potato coins, zucchini** and **remaining pickles** between plates.
- Serve **DIY tartar sauce** alongside for dipping.
- Squeeze a **lemon wedge** over top, if desired.

Measurements within steps

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

## 2 | Coat and roast salmon

🔄 Swap | **Salmon**

If you've opted to get **salmon**, season and cook it in the same way the recipe instructs you to season and cook the **tilapia**. \*\*

## 2 | Coat and roast tilapia

✖2 Double | **Tilapia Fillets**

If you've opted for **double tilapia**, cook it in the same way the recipe instructs you to cook the **regular portion of tilapia**.

\*\* Cook to a minimum internal temperature of 70°C/158°F, as size may vary.