



Crispy Lemon-Pepper Fish Tacos

with Creamy Slaw and Pickled Jalapeños

Spicy

25 Minutes

Customized Protein

+ Add

Swap

or

x2 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



Salmon Fillets,
skin-on
250 g | 500 g

Swap



Shrimp
285 g | 570 g



Tilapia
300 g | 600 g



Flour Tortillas
6 | 12



Panko
Breadcrumbs
1/2 cup | 3/4 cup



Coleslaw
Cabbage Mix
170 g | 340 g



Jalapeño
1 | 2



Cilantro
7 g | 14 g



Mayonnaise
4 tbsp | 8 tbsp



Lemon-Pepper
Seasoning
6 g | 12 g



White Wine
Vinegar
2 tbsp | 4 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.

Ingredient quantities 56 g | 113 g
2-serving | 4-serving

Pantry items | Oil, sugar, salt, pepper

Cooking utensils | 2 large bowls, large non-stick pan, measuring spoons, medium bowl, paper towels, shallow dish, small pot, tongs

1



Make pickled jalapeños

- Before starting, wash and dry all produce.
- Halve, core, then slice **jalapeño** into thin half-moons, removing seeds for less heat. (**TIP:** We suggest using gloves when prepping jalapeños!)
- To a small pot, add **jalapeños**, **1 ½ tbsp** (3 tbsp) **vinegar**, **2 tbsp** (¼ cup) **water** and **2 tsp** (4 tsp) **sugar**. Season with **salt**.
- Bring to a simmer over medium-high. Cook for 1-2 min, stirring often, until sugar dissolves.
- Remove from heat. Transfer **pickled jalapeños**, including **liquid**, to a medium bowl.
- Set aside in the fridge to cool.

4



Make coleslaw

- Meanwhile, in another large bowl, add **coleslaw cabbage mix**, **remaining vinegar** and **remaining mayo**. Season with **salt** and **pepper**, then toss to combine.

2



Bread tilapia

🔄 Swap | **Salmon Fillets**

🔄 Swap | **Shrimp**

- Pat **tilapia** dry with paper towels, pressing well to absorb as much moisture as possible. Season with **salt**.
- In a large bowl, combine **1 ½ tbsp** (3 tbsp) **mayo** and **Lemon-Pepper Seasoning**.
- Using tongs, coat **tilapia** in **mayo mixture**.
- To a shallow dish, add **panko**.
- Working in batches, add **coated tilapia** to **panko** and turn to coat both sides, pressing to adhere. Discard any excess panko.

5



Warm tortillas (optional)

- Just before serving, wrap **tortillas** in paper towels.
- Microwave for 30 sec-1 min, until **tortillas** are warm and flexible. (**TIP:** You can skip this step if you don't want to warm the tortillas!)

3



Pan-fry tilapia

🔄 Swap | **Shrimp**

- Heat a large non-stick pan over medium.
- When hot, add **2 tbsp** (4 tbsp) **oil**, then **tilapia**. Cook for 4-5 min per side, flipping once, until golden and crisp. Season with **salt**.

6



Finish and serve

🔄 Swap | **Shrimp**

- Meanwhile, in the pan, gently break **tilapia** into bite-sized pieces.
- Roughly chop **cilantro**.
- Divide **tortillas** between plates. Top with **coleslaw**, **crispy fish** and **pickled jalapeños**.
- Sprinkle **cilantro** over top.

Measurements within steps **1 tbsp** (2 tbsp) **oil**
2-serving 4-serving Ingredient

For 6 servings

If you ordered 6 servings, triple the amounts in the 2-serving recipe. You may need to cook in batches or larger cooking vessels. Remember: Larger batches may = longer cook times, so follow the visual and temperature cues.

2 | Bread salmon

🔄 Swap | **Salmon Fillets**

If you've opted to get **salmon**, pat dry with paper towels, then remove and discard skin. Follow the rest of the recipe as written.

2 | Bread shrimp

🔄 Swap | **Shrimp**

If you've opted to get **shrimp**, using a strainer, drain and rinse **shrimp**. Prep **shrimp** in the same way the recipe instructs you to prep **tilapia**.

3 | Pan-fry shrimp

🔄 Swap | **Shrimp**

Cook **shrimp** in the same way the recipe instructs you to cook the **tilapia**, reducing cooking time to 2-3 min per side.**

6 | Finish and serve

🔄 Swap | **Shrimp**

Disregard instructions to break up **fish**. Top **tortillas** with **crispy shrimp**.

** Cook tilapia and salmon to a minimum internal temperature of 158°F, and shrimp to a minimum internal temperature of 165°F.