

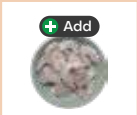


Cornmeal-Crusted Tilapia

with DIY Tartar Sauce and Coleslaw

Family Friendly

30 Minutes



Shrimp

285 g | 570 g

Custom Recipe

+ 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 Fillets
300 g | 600 g



Zesty Garlic Blend
1 tbsp | 2 tbsp



Cornmeal
2 tbsp | 4 tbsp



Mayonnaise
2 tbsp | 4 tbsp



Dill Pickle, sliced
90 ml | 90 ml



Sour Cream
3 tbsp | 6 tbsp



Coleslaw Cabbage
Mix
170 g | 340 g



Russet Potato
2 | 4



Lemon
1 | 2



Whole Grain Mustard
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, salt, pepper, sugar

Cooking utensils | 2 Baking sheets, measuring spoons, silicone brush, strainer, large bowl, parchment paper, 2 small bowls, whisk, paper towels

1



Roast potatoes

- Before starting, preheat the oven to 450°F.
- Wash and dry all produce.
- Cut **potatoes** into ¼-inch rounds.
- Add **potatoes**, **half the Zesty Garlic Blend** 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** and **pepper**, then toss to coat.
- Roast in the **bottom** of the oven, flipping halfway through, until tender and golden-brown, 16-18 min. (**NOTE:** For 4 ppl, roast in the middle and bottom of the oven, rotating sheets halfway through.)

4



Make coleslaw

- Meanwhile, add **mustard**, **pickle juice**, **1 tbsp** (2 tbsp) **oil**, **½ tbsp** (1 tbsp) **lemon juice** and **½ tsp** (1 tsp) **sugar** to a large bowl.
- Season with **salt** and **pepper**, to taste, then whisk to combine.
- Add **coleslaw cabbage mix**, then toss to combine.

2



Prep

- + Add | **Shrimp**
- Meanwhile, drain **pickles**, reserving **pickle juice**, then finely chop **half**.
- Juice **half the lemon**, then cut **remaining lemon** into wedges.
- Add **half the cornmeal** (use all for 4 ppl) and **½ tbsp** (1 tbsp) **oil** in a small bowl. Season with **salt**, then stir to combine.

5



Make tartar sauce

- + Add | **Shrimp**
- Add **sour cream**, **mayo**, **chopped pickles**, **½ tsp** (1 tsp) **lemon juice** and **¼ tsp** (½ tsp) **sugar** to another small bowl.
- Season with **salt** and **pepper**, to taste, then stir to combine.

3



Prep and roast tilapia

- Line another baking sheet with parchment paper.
- Pat **tilapia** dry with paper towels, then arrange on the prepared baking sheet.
- Sprinkle **remaining Zesty Garlic Blend** over tilapia, then season with **salt** and **pepper**.
- Brush **½ tbsp** (1 tbsp) **oil** over the tops of tilapia.
- Sprinkle **cornmeal mixture** over top, pressing gently to adhere.
- Roast in the **bottom** of the oven until **tilapia** is cooked through, 12-14 min.**

6



Finish and serve

- + Add | **Shrimp**
- Divide **tilapia**, **potatoes**, **coleslaw** and **remaining pickles** between plates.
- Serve **tartar sauce** alongside for dipping.
- Squeeze a **lemon wedge** over **tilapia**, if desired.

Measurements
within steps

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

2 | Prep shrimp

+ Add | **Shrimp**

If you've opted to add **shrimp**, using a strainer, drain and rinse, then pat dry with paper towels. Season with **salt** and **pepper**.

5 | Cook shrimp

+ Add | **Shrimp**

Before making **tartar sauce**, heat a large non-stick pan over medium-high heat. When hot, add **½ tbsp** (1 tbsp) **oil**, then **shrimp**. Cook, stirring occasionally, until **shrimp** just turn pink, 2-3 min.** Remove from heat. While **shrimp** cooks, make **tartar sauce** and continue to follow the recipe as written.

6 | Finish and serve

+ Add | **Shrimp**

Top final plates with **shrimp**.

** Cook tilapia and shrimp to minimum internal temperatures of 70°C/158°F and 74°C/165°F, respectively, as size may vary.



Issue with your meal? Scan the QR code to share your feedback.