



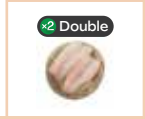
Pan-Seared Tilapia and Zesty Garlic Drizzle

with Potato Coins and Citrus Salad

25 Minutes

↗ 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](http://www.hellofresh.ca)



Tilapia
600 g | 1200 g



Tilapia
300 g | 600 g



Montreal Steak Spice
2 1/2 tsp | 5 tsp



Spring Mix
56 g | 113 g



Mayonnaise
2 tbsp | 4 tbsp



Lemon
1 | 2



Russet Potato
2 | 4



Garlic, cloves
1 | 2



Orange
1 | 2



Sunflower Seeds
28 g | 28 g

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 | Salt, oil, pepper, sugar

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

1



Roast potatoes

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

Garlic Guide for Step 3:

- Mild: $\frac{1}{2}$ tsp ($\frac{1}{4}$ tsp)
- Medium: $\frac{1}{4}$ tsp ($\frac{1}{2}$ tsp)
- Extra: $\frac{1}{2}$ tsp (1 tsp)

- Cut **potatoes** into $\frac{1}{4}$ -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** and **1 $\frac{1}{2}$ tsp** (3 tsp) **Montreal Steak Spice**, then toss to coat.
- Roast in the **bottom** of the oven, flipping halfway through, until tender and golden-brown, 18-20 min. (NOTE: For 4 ppl, roast in the middle and bottom of the oven, rotating sheets halfway through.)

2



Prep orange

- Meanwhile, cut a piece off the top and bottom ends of **orange**.
- Place a flat end on a cutting board, then cut the peel away from top to bottom to expose the flesh, turning **orange** as you go.
- Place **orange** on its side and cut into $\frac{1}{4}$ -inch rounds.

3



Make zesty garlic drizzle

- Peel, then mince or grate **garlic**.
- Zest, then juice **lemon**.
- Add **mayo**, $\frac{1}{4}$ tsp ($\frac{1}{2}$ tsp) **lemon zest**, **1 tsp** (2 tsp) **lemon juice**, $\frac{1}{4}$ tsp ($\frac{1}{2}$ tsp) **sugar** and $\frac{1}{4}$ tsp ($\frac{1}{2}$ tsp) **garlic** to a small bowl. (NOTE: Reference garlic guide.)
- Season with **salt** and **pepper**, then stir to combine.

4



Cook tilapia

×2 Double | Tilapia

- Heat a large non-stick pan over medium-high heat.
- While the pan heats, pat **tilapia** dry with paper towels.
- Season with **salt** and **1 tsp** (2 tsp) **Montreal Steak Spice**.
- When the pan is hot, add $\frac{1}{2}$ **tbsp** (1 **tbsp**) **oil**, then **tilapia**.
- Cook, flipping once, until **tilapia** is opaque and cooked through, 2-3 min per side.**

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

5



Make salad

- Meanwhile, add **2 tsp** (4 tsp) **lemon juice**, $\frac{1}{4}$ **tsp** ($\frac{1}{2}$ tsp) **sugar** and **1 $\frac{1}{2}$ tbsp** (3 **tbsp**) **oil** to a large bowl.
- Season with **salt** and **pepper**, then whisk to combine.
- Add **spring mix** and **orange rounds**, then toss to combine.

6



Finish and serve

- Divide **citrus salad**, **tilapia** and **potato coins** between plates.
- Dollop **zesty garlic drizzle** on **tilapia**.
- Sprinkle **sunflower seeds** over **salad**.

Measurements
within steps

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

4 | Cook tilapia

×2 Double | Tilapia

If you've opted for **double tilapia**, don't overcrowd the pan. Cook in batches, using $\frac{1}{2}$ **tbsp** (1 **tbsp**) **oil** per batch.



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