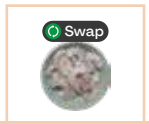




# Pan-Seared Fish Sandwich

## with Roasted Potatoes and Lemony Dip

Family Friendly 20-30 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)



Tilapia Fillets  
300 g | 600 g



Dill-Garlic Spice Blend  
1 tsp | 2 tsp



Mayonnaise  
8 tbsp | 16 tbsp



Red Potato  
350 g | 700 g



Dill Pickle, sliced  
90 ml | 180 ml



Spring Mix  
28 g | 56 g



Artisan Bun  
2 | 4



Lemon  
1 | 2

**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, butter

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

1



### Prep and cook potatoes

- Before starting, preheat the oven to 450°F.
- Wash and dry all produce.
- Cut **potatoes** into ¼-inch rounds.
- Add **potatoes, half the Dill-Garlic Spice 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 **middle** of the oven, flipping halfway through, until tender and golden-brown, 21-23 min. (**NOTE:** For 4 ppl, roast in the bottom and middle of the oven, rotating sheets halfway through.)

2



### Prep

- Meanwhile, strain **pickles** and pat dry with paper towels.
- Zest **lemon**, and juice **half of the lemon**. Cut the **remaining lemon** into wedges.
- Add **mayo, lemon zest** and **2 tsp (4 tsp) lemon juice** in a small bowl. Season with **salt** and **pepper**, then stir to combine. Set aside.

3



### Prep and fry fish

- Pat **tilapia** dry with paper towels. Cut **each filet** in half crosswise, then season **fish** all over with **remaining Dill-Garlic Spice Blend, salt** and **pepper**.
- When hot, add **1 tbsp oil**, then **tilapia**. (**NOTE:** For 4 ppl, cook tilapia in two batches, using 1 tbsp oil per batch.) Cook until **tilapia** is opaque and cooked through, 3-4 min per side.\*\*
- Transfer to a plate.

4



### Toast buns

- Meanwhile, halve **buns**, then spread **2 tsp (4 tsp) butter** on the cut-sides.
- Arrange on another unlined baking sheet, cut-sides up.
- Bake in the **middle** of the oven until golden-brown, 3-4 min. (**TIP:** Keep an eye on buns so they don't burn!)

5



### Finish and serve

- Dollop **half the lemony sauce** over **buns**.
- Stack **pickles, fish** and **spring mix** on **bottom buns**. Close with **top buns**.
- Divide **fish sandwiches, potatoes** and **any remaining pickles** between plates.
- Serve **remaining lemony sauce** alongside for dipping.

Measurements  
within steps

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

### 3 | Prep and cook shrimp

Swap | Shrimp

If you've opted to get **shrimp**, using a strainer, drain and rinse **shrimp**. Prep and cook in the same way the recipe instructs you to prep and cook the **tilapia**. Decrease baking time to 6-9 min.\*\*

\*\* Cook tilapia and shrimp to minimum internal temperatures of 70°C/158°F and 75°C/164°F, as size may vary.



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