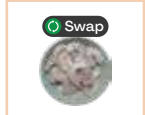




Zesty Tilapia Tacos

with Fresh DIY Salsa

Family Friendly 25 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



Flour Tortillas
6 | 12



Mexican Seasoning
1 tbsp | 2 tbsp



Lime
1 | 2



Tomato
1 | 2



Feta Cheese, crumbled
1/4 cup | 1/2 cup



Cilantro
7 g | 14 g



Shallot
1 | 2



Sour Cream
3 tbsp | 6 tbsp



Green Bell Pepper
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, sugar

Cooking utensils | Zester, medium bowl, measuring spoons, large non-stick pan, paper towels

1



Prep

- Before starting, wash and dry all produce.

Swap | Shrimp

- Zest, then juice **half the lime**. Cut **remaining lime** into wedges.
- Cut **tomato** into ¼-inch pieces.
- Peel, then mince **shallot**.
- Core, then cut **pepper** into ¼-inch slices.
- Roughly chop **cilantro**.
- Pat **tilapia** dry with paper towels, then season with **Mexican Seasoning** and **salt**.

2



Make pico de gallo

- Add **tomatoes, shallots, cilantro, lime zest, 1 tbsp (2 tbsp) lime juice, 1 tbsp (2 tbsp) oil** and **½ tsp (1 tsp) sugar** to a medium bowl.
- Season with **salt** and **pepper**, then stir to combine. Set aside.

3



Cook peppers

- Heat a large non-stick pan over medium-high heat.
- When the pan is hot, add **½ tbsp (1 tbsp) oil**, then **peppers**.
- Cook, stirring often, until tender-crisp, 3-4 min. Season with **salt** and **pepper**.
- Transfer **peppers** to a plate. Set aside.

4



Cook tilapia

- Reheat the same pan over medium-high.
- When the pan is hot, add **½ tbsp (1 tbsp) oil**, then **tilapia**.
- Pan-fry until golden-brown and cooked through, 3-5 min per side.**
- When **tilapia** is done, using two forks, break up into large flakes.

5



Warm tortillas

- Wrap **tortillas** in paper towels.
- Microwave until warm and flexible, 1 min. (**TIP:** You can skip this step if you don't want to warm tortillas!)

6



Finish and serve

- Divide **tortillas** between plates.
- Top with **tilapia, peppers, salsa** and **feta**.
- Dollop **sour cream** over top.
- Squeeze a **lime wedge** over top, if desired.

Measurements
within steps

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

1 | Prep and cook shrimp

Swap | Shrimp

If you opted to get **shrimp**, using a strainer, drain and rinse, then pat dry with paper towels. Season and cook in the same way the recipe instructs you to season and cook the **tilapia**. Decrease pan-frying time to 2-3 min per side.**

** 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.