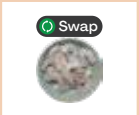




Panko-Crusted Tilapia Fish Fingers

with Potato Wedges and Dilly Cucumber Salad

Family Friendly 25-35 Minutes



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)

Shrimp
285 g | 570 g



Tilapia
300 g | 600 g



Panko Breadcrumbs
1 cup | 2 cup



Egg
1 | 2



Russet Potato
2 | 4



Mayonnaise
4 tbsp | 8 tbsp



Mini Cucumber
2 | 4



All-Purpose Flour
2 tbsp | 4 tbsp



Dill
7 g | 14 g



Lemon
1 | 2



Garlic, cloves
1 | 1

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.

1



Roast potato wedges

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

- Cut **potatoes** into ½-inch wedges.
- 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 **pepper**, toss to coat.
- Roast in the **middle** of the oven, flipping halfway through, until tender and golden-brown, 25-28 min. (NOTE: For 4 ppl, roast in the middle and bottom of the oven, rotating sheets halfway through.)

2



Prep and make dilly salad

- Zest, then juice **half the lemon**. Cut **remaining lemon** into wedges.
- Finely chop **dill**.
- Cut **cucumber** into ¼-inch rounds.
- Peel, then mince or grate **garlic**.
- Add **dill**, **1 tsp** (2 tsp) **lemon zest**, **½ tbsp** (1 tbsp) **lemon juice** and **half the mayo** to a large bowl. Season with **salt** and **pepper**, then whisk to combine.
- Add **cucumber**. Toss to coat. Set aside.

3



Make coating

- In a shallow bowl add **panko** and **flour**, then stir to combine. Set aside.
- In a small bowl, whisk together **egg** and **2 tbsp** (4 tbsp) **water**. Set aside.

4



Bread tilapia

Swap | Shrimp

- Pat **tilapia** firmly dry with paper towels.
- Cut **each piece of tilapia** in half lengthwise, then cut **each piece** in half crosswise. (NOTE: You will get 4 pieces per fillet.) Season with **salt** and **pepper**.
- Add **each piece of tilapia** to the **egg mixture**, then toss to coat.
- Using your hands, transfer **tilapia** to **breadcrumb mixture** and firmly press to coat. Coat all sides.
- Transfer **tilapia** to a plate.

5



Fry tilapia

Swap | Shrimp

- Heat a large non-stick pan over medium-high heat.
- Meanwhile, line a plate with paper towels.
- When hot, add **¼ cup** (½ cup) **oil**. Working with **one piece** at a time, carefully add **tilapia** to pan. Cook, flipping halfway, until golden brown and cooked through, 2-3 min per side. ** (NOTE: Cook in batches for 4 ppl, adding another ¼ cup of oil to the pan, if needed.)
- Using a slotted spoon, carefully transfer **each piece of tilapia** to a prepared plate.

6



Finish and serve

- Add **remaining mayo**, **¼ tsp** (¼ tsp) **garlic** and **remaining lemon zest** to a small bowl. Season with **salt** and **pepper**, then stir to combine.
- Divide **tilapia**, **potato wedges** and **dilly cucumber salad** between plates.
- Squeeze a **lemon wedge** over the **fish**, if desired.
- Serve **lemon aioli** on the side for dipping.

4 | Bread shrimp

Swap | Shrimp

If you've opted to get **shrimp**, using a strainer, drain and rinse **shrimp**. Pat dry with paper towels. Add **each piece of shrimp** to the **egg mixture**, then toss to coat. Using your hands, transfer **shrimp** to **breadcrumb mixture** and firmly press to coat. Coat all sides. Transfer **shrimp** to a plate.

5 | Fry shrimp

Swap | Shrimp

Heat a large non-stick pan over medium-high heat. Meanwhile, line a plate with paper towels. When hot, add **¼ cup** (½ cup) **oil**. Carefully add **shrimp** to the oil. Cook, flipping halfway, until golden brown and cooked through, 2-3 min per side. ** (NOTE: Cook in batches for 4 ppl, adding another ¼ cup of oil to the pan, if needed.) Using a slotted spoon, carefully transfer **each piece of shrimp** to a prepared plate.