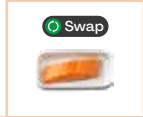




# Pan-Seared Fish Sandwich

with Roasted Potatoes and Lemony Dip

20 Minutes



Salmon Fillets, skin-on  
250 g | 500 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](http://www.hellofresh.ca)



Tilapia

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 | Salt, butter, pepper, oil

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

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 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.)

4



### Toast buns

- Meanwhile, halve **buns**, then spread **2 tsp** (4 tsp) **butter** on the cut-sides.
- Arrange on an unlined baking sheet, cut-side 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.)

2



### Prep

- Meanwhile, strain **pickles** and pat dry with paper towels.
- Zest the **lemon**. Juice **half 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 pan-fry fish

🔄 Swap | **Salmon Fillets**

- Pat **tilapia** dry with paper towels. Cut **each** fillet in half crosswise, then season **fish** all over with **remaining Dill-Garlic Spice Blend**, **salt** and **pepper**.
- Heat a large non-stick pan over medium-high heat.
- 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.

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 pan-fry salmon

🔄 Swap | **Salmon Fillets**

If you've opted to get **salmon**, do not cut in half, but do season it in the same way the recipe instructs you to season the **tilapia**. Cook **salmon** until golden-brown and cooked through, 3-5 min per side.\*\*

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