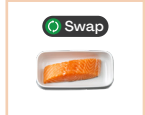




Pan-Seared Fish Sandwich

with Roasted Potatoes and Lemony Dip

25 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



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 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 cook fish

- Swap | **Salmon Fillets, skin-on**
- 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.

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!)

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 fish

Swap | **Salmon Fillets, skin-on**

If you've opted to get **salmon**, prep and cook it in the same way the recipe instructs you to prep and cook the **tilapia**, increasing cook time to 3-5 min per side.** Carefully remove the skin, if desired, before building **sandwich**.

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