



# Tilapia-Cheddar Melts

with Mini Potato Coins and Zesty Mayo

Family Friendly

Spicy

20 - 30 Minutes

Swap

Double



Shrimp  
285 g | 570 g

Tilapia Fillets  
600 g | 1200 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  
300 g | 600 g



Zesty Garlic Blend  
2 tbsp | 4 tbsp



Sandwich Bun  
2 | 4



Cheddar Cheese, shredded  
1/4 cup | 1/2 cup



Dill Pickle, sliced  
90 ml | 180 ml



Tomato  
1 | 2



Red Potato  
350 g | 700 g



Spicy Mayo  
2 tbsp | 4 tbsp



Coleslaw Cabbage Mix  
170 g | 340 g

**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

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

1



## Roast potato coins

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

- Cut **potatoes** into ¼-inch rounds.
- Add **potatoes**, **half the Zesty Garlic 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, 18-22 min. (**NOTE:** For 4 ppl, roast in the middle and bottom of the oven, rotating sheets halfway through.)

4



## Assemble melts

- Halve **sandwich buns**. Add **sandwich buns** to an unlined baking sheet, cut-side up.
- Top **bottom buns** with **tilapia**, then sprinkle with **cheese**.

2



## Cook tilapia

🔄 Swap | **Shrimp**

✖2 Double | **Tilapia Fillets**

- Pat **tilapia** dry with paper towels. Season with **salt**, **pepper** and **remaining Zesty Garlic Blend**.
- Cut **each fillet** in half lengthwise.
- Heat a large non-stick pan over medium heat.
- When hot, add **1 tbsp** (2 tbsp) **oil**, then **tilapia**. Cook until **tilapia** is opaque and cooked through, 3-4 min per side. **\*\* (NOTE:** cook in two batches for 4 ppl.)

5



## Bake melts

- Transfer **melts** to the **top** of the oven.
- Bake until **cheese** is golden-brown and melted, 3-4 min.

3



## Prep

- Meanwhile, add **pickle brine** to a medium bowl. Finely chop **pickles**.
- Cut **tomatoes** into ¼-inch slices.
- Add **spicy mayo**, **pickles** and **coleslaw cabbage mix** to the medium bowl with the **pickle brine**. Season with **salt** and **pepper**, then stir to combine.

6



## Finish and serve

- Top **tilapia** with **some slaw** and **tomato slices**. Close with **top buns**.
- Divide **tilapia melts** and **potato coins** between plates. Serve **remaining coleslaw** on the side.

Measurements  
within steps

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

2 | Cook shrimp

🔄 Swap | **Shrimp**

If you've opted to get **shrimp**, using a strainer, drain and rinse **shrimp**. Pat dry with paper towels. Season the same way as the recipe instructs you to season the **tilapia**. Cook, stirring occasionally, until **shrimp** just turn pink, 3-4 min. **\*\*** Continue with rest of recipe as written.

2 | Cook tilapia

✖2 Double | **Tilapia Fillets**

If you've opted for **double tilapia**, prep and cook it in the same way the recipe instructs you to prep and cook the **regular portion of tilapia**.

\*\* Cook fish and shrimp to minimum internal temperatures of 70°C/158°F and 74°C/165°F, respectively, as size may vary.