

Tilapia-Cheddar Melts

with Mini Potato Coins and Zesty Mayo

Family Friendly

Spicy

20 - 30 Minutes





Customized Protein Add





×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 🦫



Tilapia Fillets 600 g | 1200 g







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





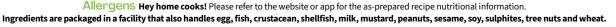




2 tbsp | 4 tbsp



Coleslaw Cabbage Mix 170 g | 340 g



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



Roast potato coins

- Before starting, preheat the oven to 450°F.
- · Wash and dry all produce.
- Cut potatoes into 1/4-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 goldenbrown, 18-22 min. (NOTE: For 4 ppl, roast in the middle and bottom of the oven, rotating sheets halfway through.)



Cook tilapia

O Swap | Shrimp

😢 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.)



Prep

- Meanwhile, add pickle brine to a medium bowl. Finely chop pickles.
- Cut tomatoes into 1/4-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.



2 | Cook tilapia

as written.

Measurements

2 | Cook shrimp

🚫 Swap | Shrimp

within steps

1 tbsp

2 person

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

4 person

oil

Ingredient

😡 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.



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.



Bake melts

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



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.

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