



**HELLO FRESH**

# Super Quick Pan-Fried Sesame Tilapia Sandwiches with Pickled Cucumber

Spicy

15 Minutes

Swap



Customized Protein

+ Add

Swap

or

x2 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)

Salmon Fillets,  
skin-on  
250 g | 500 g



Tilapia  
300 g | 600 g



Sandwich Bun  
2 | 4



Zesty Garlic  
Blend  
1 tbsp | 2 tbsp



Mini Cucumber  
1 | 2



Sugar Snap Peas  
113 g | 226 g



Black Sesame  
Seeds  
7 g | 14 g



Sesame Oil  
1 tbsp | 2 tbsp



Seasoned Rice  
Vinegar  
1 tbsp | 2 tbsp



Green Onion  
2 | 4



Spicy Mayo  
4 tbsp | 8 tbsp

**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, sugar

**Cooking utensils** | Large non-stick pan, paper towels, small pan, whisk, medium bowl, measuring spoons

1



### Pickle cucumbers

- Before starting, wash and dry all produce.

- Cut **cucumbers** into ¼-inch rounds.
- Thinly slice **green onions**.
- In a medium bowl, whisk together **vinegar**, ¼ **tsp** (½ **tsp**) **sugar**, 1 **tsp** (2 **tsp**) **sesame oil** and **half the sesame seeds**.
- Add **cucumbers** and **green onions**. Season with **salt**. Toss to coat. Set aside.

4



### Finish and serve

- Meanwhile, halve **buns** and add to a toaster. Toast on high for 1-2 min until golden.
- Spread **top buns** with 1 **tbsp** **spicy mayo**.
- Cut **cooked tilapia** in half lengthwise.
- Drain liquid from **pickled cucumbers**. Arrange **tilapia** and **pickled cucumbers** on **bottom buns**, then **sandwich** with **top buns**.
- Divide **sandwiches** and **sugar snap peas** between plates.
- Serve **remaining spicy mayo** on the side for dipping.

2



### Cook tilapia

🔄 Swap | **Salmon Fillets**

- Pat **tilapia** dry with paper towels. Season with **salt**, **pepper** and **Zesty Garlic Blend**.
- Heat a large non-stick pan over medium heat.
- When hot, add **remaining sesame oil** and ½ **tbsp** (1 **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.)

3



### Cook sugar snap peas

- Meanwhile, heat a small pan over medium-high heat.
- When hot, add 1 **tsp** (2 **tsp**) **oil**, then **sugar snap peas** and **remaining sesame seeds**. Season with **salt** and **pepper**.
- Cook, stirring often, until tender-crisp, 4-5 min. (**TIP**: You can skip this step if you prefer sugar snap peas cold and crunchy for dipping!)

Measurements within steps

1 <b>tbsp</b>	(2 <b>tbsp</b> )	<b>oil</b>
2 person	4 person	Ingredient

## 2 | Cook salmon

🔄 Swap | **Salmon Fillets**

If you've opted to get **salmon**, season it in the same way the recipe instructs you to season the **tilapia**. Cook **salmon** until golden and cooked through, 3-4 min per side. **\*\***

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