



Pan-Seared Baja-Style Fish Tacos

with Cilantro and Lime Slaw

Family Friendly 25- 35 Minutes

Swap



Salmon Fillets,
skin-on
250g | 500g

Double



Tilapia
600g | 1200g

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



Flour Tortillas
6 | 12



Red Cabbage,
shredded
113 g | 226 g



Spring Mix
56 g | 113 g



Cilantro
7 g | 14 g



Feta Cheese,
crumbled
¼ cup | ½ cup



Guacamole
3 tbsp | 6 tbsp



Chipotle Sauce
2 tbsp | 4 tbsp



Seasoned Rice
Vinegar
2 tbsp | 4 tbsp



Mexican
Seasoning
½ tbsp | 1 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 bowl, large non-stick pan, measuring spoons, paper towels, spatula

1



Prep

- Before starting, wash and dry all produce.

- Roughly chop **cilantro**.
- Add **cabbage**, **vinegar**, **half the cilantro**, $\frac{1}{2}$ **tsp** (1 tsp) **sugar** and $\frac{1}{2}$ **tbsp** (1 tbsp) **oil** to a large bowl. Season with **salt** and **pepper**, then toss to coat.

2



Prep tilapia

🔄 Swap | **Salmon Fillets**

✖2 Double | **Tilapia**

- Pat **tilapia** dry with paper towels. Season with **half the Mexican Seasoning** (use all for 4 ppl), **salt** and **pepper**.

3



Cook tilapia

- Heat a large non-stick pan over medium-high heat.
- When the pan is hot, add **1 tbsp** (2 tbsp) **oil**, then **tilapia**. (**NOTE**: Don't overcrowd the pan! Cook tilapia in batches, if needed.)
- Cook **tilapia**, flipping once, until dark golden-brown and cooked through, 2-4 min per side.**
- Transfer to a paper towel-lined plate.

4



Warm tortillas

- Wrap **tortillas** in paper towels. (**NOTE**: For 4 ppl, make two tortilla packages.)
- Microwave until **tortillas** are warm and flexible, 30 sec-1 min. (**TIP**: You can skip this step if you don't want to warm the tortillas!)
- Arrange **tortillas** on a clean surface.

5



Finish and serve

- Spread **chipotle sauce** over **tortillas**.
- Top with **spring mix** and **cabbage slaw**.
- Gently break **tilapia** into large chunks with a fork, then divide between **tortillas**.
- Dollop **guacamole** over top.
- Sprinkle with **feta** and **remaining cilantro**.

Measurements
within steps

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

2 | Prep 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**. Increase cooking time to 3-5 minutes per side**.

2 | Prep tilapia

✖2 Double | **Tilapia**

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**. Work in batches, if necessary.

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