



Pan-Seared Tilapia and Zesty Garlic Sauce

with Potato Coins and Citrus Salad

Spicy

25 Minutes

Swap



Salmon Fillets, skin-on
250 g | 500 g

Swap



Shrimp
285 g | 570 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



Montreal Spice Blend
1 tbsp | 2 tbsp



Spring Mix
56 g | 113 g



Mayonnaise
2 tbsp | 4 tbsp



Lemon
1 | 2



Russet Potato
2 | 4



Garlic, cloves
1 | 2



Orange
1 | 2



Sunflower Seeds
28 g | 28 g

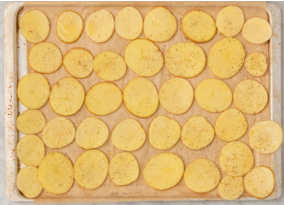
Allergens Hey home cooks! Please refer to the website or app for the as-prepared recipe nutritional information.

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 | Sugar, salt, pepper, oil

Cooking utensils | Baking sheet, large bowl, large non-stick pan, measuring spoons, paper towels, parchment paper, small bowl, whisk, zester

1



Roast potatoes

- Before starting, preheat the oven to 450°F.
- Wash and dry all produce.
- **Garlic Guide for Step 3:**
- Mild: ½ tsp (¼ tsp) • Medium: ¼ tsp (½ tsp) • Extra: ½ tsp (1 tsp)

- Cut **potatoes** into ¼-inch rounds.
- Add **potatoes** 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 **1 ½ tsp** (3 tsp) **Montreal Spice Blend**, then toss to coat.
- Roast in the **bottom** of the oven, flipping halfway through, until tender and golden-brown, 18-20 min. (**NOTE:** For 4 ppl, roast in the middle and bottom of the oven, rotating sheets halfway through.)

4



Cook tilapia

Swap | **Salmon Fillets**

Swap | **Shrimp**

- Heat a large non-stick pan over medium-high heat.
- While the pan heats, pat **tilapia** dry with paper towels.
- Season with **salt** and **1 tsp** (2 tsp) **Montreal Spice Blend**.
- When the pan is hot, add **½ tbsp** (1 tbsp) **oil**, then **tilapia**. Cook, flipping once, until opaque and cooked through, 2-3 min per side.**

2



Prep orange

- Meanwhile, cut a piece off the top and bottom ends of **orange**.
- Place a flat end on a cutting board, then cut the peel away from top to bottom to expose flesh, turning **orange** as you go.
- Place **orange** on its side and cut into ¼-inch rounds.

5



Make salad

- Meanwhile, add **2 tsp** (4 tsp) **lemon juice**, **¼ tsp** (½ tsp) **sugar** and **1 ½ tbsp** (3 tbsp) **oil** to a large bowl.
- Season with **salt** and **pepper**, then whisk to combine.
- Add **spring mix** and **orange rounds**, then toss to combine.

3



Make zesty garlic sauce

- Peel, then mince or grate **garlic**.
- Zest, then juice **lemon**.
- Add **mayo**, **¼ tsp** (½ tsp) **lemon zest**, **1 tsp** (2 tsp) **lemon juice**, **¼ tsp** (½ tsp) **sugar** and **¼ tsp** (½ tsp) **garlic** to a small bowl. (**NOTE:** Reference garlic guide.)
- Season with **salt** and **pepper**, then stir to combine.

6



Finish and serve

- Divide **citrus salad**, **tilapia** and **potato coins** between plates.
- Dollop **zesty garlic sauce** over **tilapia**.
- Sprinkle **sunflower seeds** over **salad**.

Measurements
within steps

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

4 | 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-brown and cooked through, 3-5 min per side.**

4 | Cook shrimp

Swap | **Shrimp**

If you've opted for **shrimp**, heat a large non-stick pan over medium-high heat. While the pan heats, using a strainer, drain and rinse **shrimp**. Pat dry with paper towels. Season with **salt** and **1 tsp** (2 tsp) **Montreal Spice Blend**. When the pan is hot, add **½ tbsp** (1 tbsp) **oil**, then **shrimp**. Cook, stirring occasionally, until **shrimp** just turn pink, 2-3 min.**

** Cook salmon to a minimum internal temperature of 70°C/158°F and shrimp to a minimum internal temperature of 74°C/165°F, as size may vary.