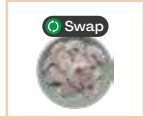




Golden-Crusted BBQ Tilapia Wraps

with Marinated Cabbage and Potato Wedges

Family Friendly 35 - 45 Minutes



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



Flour Tortillas
6 | 12



Russet Potato
2 | 4



Red Cabbage, shredded
113 g | 226 g



Tomato
1 | 2



Spring Mix
28 g | 56 g



Crispy Shallots
28 g | 56 g



Mayonnaise
4 tbsp | 8 tbsp



BBQ Sauce
4 tbsp | 8 tbsp



Panko Breadcrumbs
1/3 cup | 1/2 cup



White Wine Vinegar
2 tbsp | 4 tbsp



BBQ Seasoning
1 tbsp | 2 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, sugar, salt, pepper

Cooking utensils | Aluminum foil, 2 baking sheets, large bowl, measuring spoons, medium bowl, paper towels, parchment paper, small bowl

1



Roast potatoes

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

- Cut **potatoes** into ½-inch wedges.
- Add **potatoes**, **half the BBQ seasoning** and **1 tbsp oil** to an unlined baking sheet. (NOTE: For 4 ppl, use 2 baking sheets, with 1 tbsp oil per sheet.) Season with **salt** and **pepper**. Toss to coat.
- Roast in the **middle** of the oven, flipping halfway through, until tender and golden-brown, 25-28 min. (NOTE: For 4 ppl, roast in the middle and bottom of the oven, rotating sheets halfway through.)

4



Roast fish and finish prep

Swap | Shrimp

- Roast **tilapia** in the **bottom** of the oven until **topping** is golden-brown and **tilapia** is cooked through 10-14 min.**
- Meanwhile, cut **tomato** into ¼-inch pieces. Season with **salt** and **pepper**.
- Combine **BBQ sauce** and **remaining mayo** in a small bowl. (NOTE: This is your dipping sauce.)

2



Marinate cabbage and prep

- Meanwhile, add **cabbage**, **vinegar** and **1 tsp (2 tsp) sugar** to a large bowl. Season with **salt** and **pepper**. Toss to coat.
- Make a small cut in the package of **crispy shallots**. Gently crush **shallots** in the package with your hands or a heavy-bottomed pan until **shallots** resemble **fine crumbs**.
- Combine **crispy shallot crumbs**, **panko** and **1 tsp (2 tsp) oil** in a medium bowl.

5



Warm tortillas

- When **tilapia** is almost done, wrap **tortillas** in foil, then place in the **top** of the oven until warm, 4-5 min. (TIP: You can skip this step if you don't want to warm the tortillas.)
- Before assembling **wraps**, using a fork, portion **each tilapia fillet** into **6 large pieces**. (You will have 12 pieces for 2 ppl and 24 pieces for 4 ppl.)

3



Prep tilapia

Swap | Shrimp

- Line a baking sheet with parchment paper.
- Measure out **2 tbsp (4 tbsp) mayo** to coat **tilapia**. (NOTE: Reserve remaining mayo for BBQ-mayo sauce in step 4.)
- Pat **tilapia** dry with paper towels. Season with **salt**, **pepper** and **remaining BBQ Seasoning**, then transfer to prepared baking sheet.
- Spread **measured mayo** over top. Top with **crispy shallot mixture**, pressing down gently to adhere.

6



Finish and serve-

- Arrange **tortillas** on a clean surface. Spread **some of the BBQ-mayo sauce** down the middle of **each tortilla**.
- Top with **spring mix**, **marinated cabbage**, **tilapia** and **tomato**.
- Divide **potato wedges** and **wraps** between plates.
- Serve with **remaining BBQ-mayo dip** alongside.

Measurements within steps **1 tbsp** (2 tbsp) **oil**
2 person 4 person Ingredient

If you ordered 6 servings, triple the amounts in the 2-serving recipe. You may need to cook in batches or larger cooking vessels. Remember: Larger batches may = longer cook times, so follow the visual and temperature cues.

3 | Prep shrimp

Swap | Shrimp

If you've opted to get **shrimp**, using a strainer, drain and rinse **shrimp** then pat dry with paper towels. Add to bowl with **measured mayo** then season with **salt**, **pepper** and **remaining BBQ Seasoning**. Toss to coat, then add to a zip top plastic bag with **crispy shallot mixture**. Shake to coat completely. Arrange in a single layer on prepared baking sheet.

4 | Roast shrimp and finish prep

Swap | Shrimp

Roast **shrimp** in the **bottom** of the oven until **topping** is golden-brown and **shrimp** is cooked through 8-12 min.** Follow the rest of the recipe as written.

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