



Cajun Tilapia Sandwich

with Spicy Remoulade and Charred Corn Slaw

Spicy

20 Minutes

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](http://www.hellofresh.ca)



Tilapia
300 g | 600 g



Artisan Bun
2 | 4



Coleslaw Cabbage Mix
170 g | 340 g



Corn Kernels
113 g | 227 g



Lemon
1 | 2



Parsley
7 g | 14 g



Dill Pickle, sliced
90 ml | 180 ml



Yogurt Sauce
3 tbsp | 6 tbsp



Mayonnaise
2 tbsp | 4 tbsp



Cajun Spice Blend
1 tbsp | 2 tbsp



Whole Grain Mustard
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 | Sugar, oil, salt, pepper

Cooking utensils | Baking sheet, large bowl, large non-stick pan, measuring spoons, paper towels, 2 small bowls, whisk, zester

1



Roast corn

- Before starting, preheat the oven to 450°F.
- Wash and dry all produce.
- Add **corn** to an unlined baking sheet, then pat dry with paper towels. Season with **salt** and **pepper**.
- Drizzle **1 tbsp** (2 tbsp) **oil** over **corn**, then stir to coat.
- Roast in the **middle** of the oven, tossing **corn** halfway through, until dark-brown in spots, 5-6 min.

2



Prep

- Meanwhile, finely chop **parsley**.
- Drain **pickles** over a small bowl. Finely chop **1 tbsp** (2 tbsp) **pickles**. Set **remaining pickles** aside.
- Zest, then juice **lemon**.

3



Cook tilapia

- Heat a large non-stick pan over medium-high heat.
- While the pan heats, pat **tilapia** dry with paper towels, then season with **pepper** and **2 tsp** (4 tsp) **Cajun Spice Blend**.
- When the pan is hot, add **½ tbsp** (1 tbsp) **oil**, then **tilapia**. Cook, flipping once, until **tilapia** is opaque and cooked through, 2-3 min per side.**

4



Make coleslaw

- Meanwhile, add **half the mustard**, **half the mayo**, **½ tbsp** (1 tbsp) **yogurt sauce**, **½ tbsp** (1 tbsp) **lemon juice**, **½ tsp** (1 tsp) **sugar** and **1 tbsp** (2 tbsp) **oil** to a large bowl. Season with **salt** and **pepper**, then whisk to combine.
- Add **cabbage coleslaw mix**, **corn**, **diced pickles** and **parsley** to the bowl with **dressing**. Toss to coat.

5



Toast buns and make remoulade

- Halve **buns**.
- Arrange **buns** directly on the **top** rack of the oven, cut-side up. Toast **buns** until golden-brown, 3-4 min. (**TIP**: Keep an eye on buns so they don't burn!)
- Meanwhile, combine **remaining mayo**, **remaining yogurt sauce**, **remaining mustard**, **remaining Cajun Spice Blend**, **½ tsp** (1 tsp) **lemon zest** and **1 tsp** (2 tsp) **pickle brine** in another small bowl.

6



Finish and serve

- Spread **remoulade** on **buns**. Stack **pickles** and **tilapia** on **bottom buns**. Close with **top buns**. (**TIP**: Add some coleslaw to your sandwich, if desired!)
- Divide **sandwiches** and **coleslaw** between plates.

Measurements
within steps

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

3 | Cook shrimp

Swap | Shrimp

If you've opted to get **shrimp**, using a strainer, drain and rinse **shrimp**, then pat dry with paper towels. Season in the same way the recipe instructs you to season the **tilapia**. When the pan is hot, add **½ tbsp** (1 tbsp) **oil**, then **shrimp**. Cook, stirring occasionally, until **shrimp** just turn pink, 2-3 min.** Follow the rest of the recipe as written.

** Cook tilapia 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.