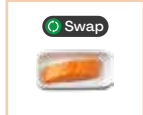




Golden Breaded Tilapia with DIY Tartar Sauce and Potato Coins

Family Friendly 25 - 35 Minutes



Salmon Fillets, skin-on
250 g | 500 g

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)



Tilapia
300 g | 600 g



Mayonnaise
8 tbsp | 16 tbsp



Italian Breadcrumbs
4 tbsp | 8 tbsp



Zesty Garlic Blend
1 tbsp | 2 tbsp



Yellow Potato
350 g | 700 g



Dill Pickle, sliced
90 ml | 90 ml



Zucchini
1 | 2



Lemon
1 | 1

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 | Salt, oil, pepper

Cooking utensils | 2 baking sheets, large non-stick pan, measuring spoons, medium bowl, paper towels, parchment paper, small bowl, strainer, zester

1



Prep and roast potato coins

- Before starting, preheat the oven to 450°F.
- Wash and dry all produce.
- **Zest Guide for Step 4:**
 - Mild: ¼ tsp (½ tsp)
 - Medium: ½ tsp (1 tsp)
 - Zesty: 1 tsp (2 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, pepper** and **half the Zesty Garlic Blend**. Toss to coat.
- Roast in the **middle** of the oven, flipping halfway through, until tender and golden-brown, 24-26 min. (**NOTE:** For 4 ppl, roast in the middle and bottom of the oven, rotating sheets halfway through.)

4



Make DIY tartar sauce

- Add **reserved mayo, chopped pickles, 1 tsp (2 tsp) lemon juice** and **¼ tsp (½ tsp) lemon zest** to a medium bowl. (**NOTE:** Reference zest guide.)
- Season with **pepper**, then stir to combine.

2



Coat and roast tilapia

Swap | **Salmon Fillets, skin-on**

- Measure **2 tbsp (4 tbsp) mayo** to coat **tilapia**. (**NOTE:** Reserve remaining mayo for step 4.)
- Combine **breadcrumbs** and **1 tsp (2 tsp) oil** in a small bowl.
- Pat **tilapia** dry with paper towels. Place on another parchment-lined baking sheet.
- Season **tilapia** with **remaining Zesty Garlic Blend, salt** and **pepper**. Spread **measured mayo** over top. Top with **breadcrumbs**, pressing down gently to adhere.
- Roast in the **top** of the oven until **tilapia** is cooked through, 14-17 min.**

5



Cook zucchini

- Heat a large non-stick pan over medium-high.
- When the pan is hot, add **1 tsp (2 tsp) oil**, then **zucchini**. Season with **salt** and **pepper**.
- Cook, stirring often, until tender-crisp, 4-5 min.

3



Prep

- Meanwhile, halve **zucchini** lengthwise, then cut into ½-inch half-moons.
- Zest, then juice **half the lemon**. Cut **remaining lemon** into wedges.
- Drain **pickles**. Very finely chop **2 tbsp (4 tbsp)**.

6



Finish and serve

- Divide **tilapia, potato coins, zucchini** and **remaining pickles** between plates.
- Serve **DIY tartar sauce** alongside for dipping.
- Squeeze a **lemon wedge** over top, if desired.

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.

2 | Coat and roast salmon

Swap | **Salmon Fillets, skin-on**

If you've opted to get **salmon**, season in the same way the recipe instructs you to season the **tilapia**. To cook **salmon**, roast until cooked through, 12-15.**

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