



Pan-Seared Tilapia and Zesty Garlic Sauce

with Potato Coins and Citrus Salad

25 Minutes

Customized Protein **+** Add **↻** Swap or **✖2** Double

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↻ Swap	↻ Swap
Salmon Fillets, skin-on	Shrimp
250 g 500 g	285 g 570 g



Tilapia	Montreal Spice Blend
300 g 600 g	1 tbsp 2 tbsp
Spring Mix	Mayonnaise
56 g 113 g	2 tbsp 4 tbsp
Lemon	Russet Potato
1 2	2 4
Garlic, cloves	Orange
1 2	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** on **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**, cook it in the same way the recipe instructs you to cook the **tilapia**, increasing cooking time to 3-5 min per side.**

4 | 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 with **salt** and **Montreal Spice Blend**. Heat a large non-stick pan over medium-high heat. When hot, add **½ tbsp (1 tbsp) oil**, then **shrimp**. Cook, stirring occasionally, until **shrimp** just turn pink, 2-3 min.** Remove from heat.

** Cook tilapia and 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.