



Sheet Pan Tilapia Tacos

with DIY Baja Sauce

Family Friendly 25 - 35 Minutes

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)

Swap



Salmon Fillets, skin-on
250 g | 500 g

Swap



Shrimp
285 g | 570 g



Tilapia
300 g | 600 g



Flour Tortillas
6 | 12



Sweet Bell Pepper
1 | 2



Tex-Mex Paste
1 tbsp | 2 tbsp



Lime
1 | 2



Sour Cream
1 | 2



Mayonnaise
2 tbsp | 4 tbsp



Green Cabbage, shredded
56 g | 113 g



Corn Kernels
113 g | 227 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 | Oil, sugar, salt, pepper

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

1



Prep and bake tilapia and peppers

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

Swap | Salmon Fillets, skin-on

Swap | Shrimp

- Core, then cut **pepper** into ¼-inch strips.
- Add **peppers** and ½ **tblsp** (1 **tblsp**) **oil** to one side of a parchment-lined baking sheet. Season with **salt** and **pepper**. Toss to combine.
- Combine **Tex-Mex paste** and ½ **tblsp** (1 **tblsp**) **oil** in a small bowl.
- Pat **tilapia** dry with paper towels, then season with **salt** and **pepper**.
- Add **tilapia** to other side of sheet. Spread **Tex-Mex paste mix** onto **tilapia**.
- Bake in the **middle** of the oven until **peppers** are tender and **tilapia** is cooked through, 10-14 min.**

4



Make Baja sauce

- Add **sour cream**, **remaining mayo**, ½ **tblsp** (1 **tblsp**) **lime juice** and ¼ **tsp** (½ **tsp**) **sugar** to a small bowl. Season with **salt** and **pepper**, then combine.

2



Cook corn

- Meanwhile, heat a large non-stick pan over medium-high.
- When hot, add 1 **tblsp** (2 **tblsp**) **butter**. Swirl until melted.
- Add **corn** and 2 **tblsp** (¼ **cup**) **water**. Stir to combine. Cover and cook, stirring occasionally, until tender, 5-6 min. Season with **salt** and **pepper**.
- Remove from heat. Set aside, still covered.

5



Warm tortillas

- Just before serving, wrap **tortillas** in paper towels. Microwave until **tortillas** are warm and flexible, 30 sec-1 min. (**TIP:** You can skip this step if you don't want to warm the tortillas.)

3



Prep and make slaw

- Zest, then juice **half the lime**. Cut **remaining lime** into wedges.
- Add **lime zest**, **half the lime juice**, 1 **tblsp** (2 **tblsp**) **mayo** and ¼ **tsp** (½ **tsp**) **sugar** to a large bowl. Season with **salt** and **pepper**, then combine.
- Add **cabbage**, then toss to combine.

6



Finish and serve

Swap | Shrimp

- When **tilapia** is done, use two forks to break **tilapia** up into large flakes.
- Divide **tortillas** between plates.
- Spread **Baja sauce** onto **tortillas**.
- Top **each tortilla** with **tilapia**, **peppers**, **corn** and **cabbage**.
- Squeeze a **lime wedge** over top, if desired.

Measurements
within steps

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

1 | Prep and bake salmon and peppers

Swap | Salmon Fillets, skin-on

If you've opted to get **salmon**, prep and cook it in the same way the recipe instructs you to prep and cook the **tilapia****

1 | Prep and bake shrimp and peppers

Swap | Shrimp

If you've opted for **shrimp**, using a strainer, drain and rinse **shrimp**. Pat dry with paper towels. Add **shrimp** and **Tex-Mex paste** to a medium bowl. Season with **salt** and **pepper**, then toss to coat. Add **shrimp** to other side of sheet. Bake in the **middle** of the oven until **peppers** are tender and **shrimp** is cooked through, 8-12 min.**

6 | Finish and serve

Swap | Shrimp

Skip instructions to flake **tilapia** into pieces. Top **tortillas** with **shrimp**.

** Cook tilapia and salmon 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.