

Pan-Seared Fish Sandwiches

with Roasted Potatoes and Lemony Dip

2 Double

25 Minutes

(C) Swap





Salmon Fillets, skin-on 250 g | 500 g

285 g | 570 g



300 g | 600 g

Dill-Garlic Spice Blend 1 tsp | 2 tsp







Red Potato

350 g | 700 g

8 tbsp | 16 tbsp



Dill Pickle, sliced 90 ml | 180 ml





Artisan Bun 2 | 4



1 | 2

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.

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 🎥

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



Prep and cook potatoes

- Before starting, preheat the oven to 450°F.
- · Wash and dry all produce.
- Cut potatoes into ¼-inch rounds.
- Add potatoes, half the Dill-Garlic Spice **Blend** 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 pepper, then toss to coat.
- Roast in the middle of the oven, flipping halfway through, until tender and golden-brown, 21-23 min. (NOTE: For 4 ppl, roast in the bottom and middle of the oven. rotating sheets halfway through.)



Prep

- Meanwhile, strain pickles, then pat dry with paper towels.
- Zest the lemon. Juice half the lemon. Cut remaining lemon into wedges.
- Add mayo, lemon zest and 2 tsp (4 tsp) lemon juice in a small bowl. Season with salt and **pepper**, then stir to combine. Set aside.



🗘 Swap | Salmon Fillets

- Pat tilapia dry with paper towels. Cut each fillet in half crosswise, then season fish all salt and pepper.
- Heat a large non-stick pan over medium-high
- When hot, add 1 tbsp oil, then tilapia. (NOTE: For 4 ppl, cook tilapia in two batches, using 1 tbsp oil per batch.) Cook until tilapia is opaque and cooked through, 3-4 min per side.**

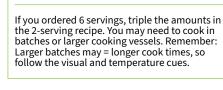


Prep and pan-fry fish

O Swap | Shrimp

- over with remaining Dill-Garlic Spice Blend,

- Transfer to a plate.



Measurements

within steps

3 | Prep and pan-fry salmon

1 tbsp

(2 tbsp)

oil

4 person Ingredient

Swap | Salmon Fillets

If you've opted to get salmon, pat salmon dry with paper towels. Season **salmon** in the same way as **tilapia**. Heat a large non-stick pan over medium-high heat. When hot, add 1 tbsp (2 tbsp) oil, then add salmon. Cook for 2-3 min, until browned. Flip salmon and continue cooking for 2-3 min, until cooked through.** Transfer to a plate. Remove skin, if desired. Follow the rest of the recipe as written.

3 | Prep and pan-fry shrimp

O Swap | Shrimp

If you've opted for **shrimp**, heat a large nonstick pan over medium-high heat. While the pan heats, using a strainer, drain and rinse **shrimp**. Pat dry with paper towels. Season **shrimp** in the same way as **tilapia**. When hot, add 1 tbsp (2 tbsp) oil, then shrimp. Cook, stirring occasionally, until **shrimp** just turn pink, 2-3 min.** Transfer to a plate.



Toast buns

- Meanwhile, halve buns, then spread 2 tsp (4 tsp) **butter** on the cut-sides.
- Arrange on an unlined baking sheet, cut-side up.
- Bake in the **middle** of the oven until golden-brown, 3-4 min. (TIP: Keep an eye on buns so they don't burn!)



Finish and serve

- Dollop half the lemony sauce over buns.
- Stack pickles, fish and spring mix on bottom buns. Close with top buns.
- Divide fish sandwiches, potatoes and any remaining pickles between plates.
- Serve remaining lemony sauce alongside for dipping.