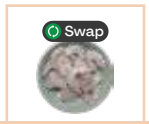




SuperQuick Honey-Dijon Tilapia with Grape-and-Goat Cheese Salad

15 Minutes



Shrimp
285 g | 570 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](http://www.hellofresh.ca)



Tilapia
300 g | 600 g



Almonds, sliced
28 g | 56 g



Red Wine Vinegar
1 tbsp | 2 tbsp



Spring Mix
113 g | 227 g



Red Grapes
85 g | 170 g



Goat Cheese
¼ cup | ½ cup



Honey
2 | 4



Dijon Mustard
½ tbsp | 1 tbsp



Garlic Salt
½ tsp | 1 tsp

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.

Ingredient quantities	56 g	113 g
	2 person	4 person

Pantry items | Oil, salt, pepper

Cooking utensils | Large non-stick pan, measuring spoons, medium bowl, paper towels, whisk

1



Prep

- Before starting, wash and dry all produce.

Swap | Shrimp

- Add **honey** and **Dijon** to a medium bowl. Stir to combine.
- Pat **tilapia** dry with paper towels, pressing well to absorb as much moisture as possible. Season with $\frac{1}{2}$ **tsb** (1 tsp) **garlic salt** and **pepper**.

2



Fry tilapia

Swap | Shrimp

- Heat a large non-stick pan over medium-high.
- When hot, add **1 tbsb** (2 tbsb) **oil**, then add **tilapia**. Pan-fry for 3-4 min per side, until **tilapia** is cooked through.**
- Remove the pan from heat.
- Drizzle **three-quarters** of the **honey-Dijon sauce** over **tilapia**.

3



Make salad

- Meanwhile, add **vinegar** and **1 tbsb** (2 tbsb) **oil** to the bowl with **remaining honey-Dijon mixture**. Whisk to combine.
- Add **spring mix** and **grapes**. Toss to combine, then season with **salt** and **pepper**.

4



Finish and serve

- Divide **tilapia** and **salad** between plates.
- Sprinkle **almonds** and **goat cheese** over **salad**.

Measurements within steps **1 tbsb** (2 tbsb) **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.

1 | Prep

Swap | Shrimp

If you've opted for **shrimp**, using a strainer, drain and rinse **shrimp**. Pat dry with paper towels. Season the same way the recipe instructs to season the **tilapia**.

2 | Fry shrimp

Swap | Shrimp

When the pan is hot, add $\frac{1}{2}$ **tbsb** (1 tbsb) **oil**, then **shrimp**. Cook, stirring occasionally, until **shrimp** just turn pink, 2-3 min.** Proceed with remaining instructions as written.

** Cook tilapia to a minimum internal temperature of 70°C/158°F, and cook shrimp to a minimum internal temperature of 74°C/165°F.