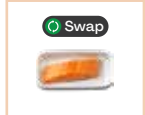




SuperQuick Pan-Fried Sesame Tilapia Sandwiches with Pickled Cucumber

Spicy 15 Minutes



Salmon Fillets, skin-on
250 g | 500 g

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)



Tilapia
300 g | 600 g



Sandwich Bun
2 | 4



Zesty Garlic Blend
1 tbsp | 2 tbsp



Mini Cucumber
1 | 2



Sugar Snap Peas
113 g | 227 g



Black Sesame Seeds
7 g | 14 g



Sesame Oil
1 tbsp | 2 tbsp



Seasoned Rice Vinegar
1 tbsp | 2 tbsp



Green Onion
2 | 4



Spicy Mayo
4 tbsp | 8 tbsp

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-serving | 4-serving

Pantry items | Oil, salt, pepper, sugar

Cooking utensils | Large non-stick pan, measuring spoons, 2x medium bowl, paper towels, small pan, whisk

1



Pickle cucumbers

- Before starting, wash and dry all produce.

- Cut **cucumbers** into ¼-inch rounds.
- Thinly slice **green onions**.
- In a medium bowl, whisk together **vinegar**, ¼ **tsp** (½ **tsp**) **sugar**, 1 **tsp** (2 **tsp**) **sesame oil** and **half the sesame seeds**.
- Add **cucumbers** and **green onions**. Season with **salt**. Toss to coat. Set aside.

2



Cook tilapia

🔄 **Swap** | **Salmon Fillets**

- Pat **tilapia** dry with paper towels. Season with **salt**, **pepper** and **Zesty Garlic Blend**.
- Heat a large non-stick pan over medium heat.
- When hot, add **remaining sesame oil** and ½ **tbsp** (1 **tbsp**) **oil**, then **tilapia**. Cook for 3-4 min per side, until **tilapia** is opaque and cooked through. ** (**NOTE**: Cook in two batches for 4 servings.)

3



Cook sugar snap peas

- Meanwhile, heat a small pan over medium-high heat.
- When hot, add 1 **tsp** (2 **tsp**) **oil**, then **sugar snap peas** and **remaining sesame seeds**. Season with **salt** and **pepper**.
- Cook, stirring often, for 4-5 min, until tender-crisp. (**TIP**: You can skip this step if you prefer sugar snap peas cold and crunchy for dipping!)

4



Finish and serve

🔄 **Swap** | **Salmon Fillets**

- Meanwhile, halve **buns** and add to a toaster. Toast on high for 1-2 min, until golden.
- Spread **top buns** with 1 **tbsp spicy mayo** each.
- Cut **tilapia** in half lengthwise.
- Drain liquid from **pickled cucumbers**. Arrange **tilapia** and **pickled cucumbers** on **bottom buns**, then sandwich with **top buns**.
- Divide **sandwiches** and **sugar snap peas** between plates.
- Serve **remaining spicy mayo** on the side for dipping.

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

Measurements within steps | 1 **tbsp** (2 **tbsp**) | **oil**
2-serving | 4-serving | 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 | Cook salmon

🔄 **Swap** | **Salmon Fillets**

If you've opted for **salmon**, prep and cook in the same way the recipe instructs you to prep and cook the tilapia. When **salmon** is done, break **salmon** up into large pieces, removing and discarding skin.

4 | Finish and serve

🔄 **Swap** | **Salmon Fillets**

Skip step to cut **fish** in half, lengthwise. Assemble sandwiches as directed.