

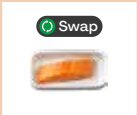


Garlic Breadcrumb-Topped Tilapia

with Potato Coins and Snap Peas

Family Friendly

25-35 Minutes



Salmon Fillets, skin-on
250 g | 500 g

Custom Recipe

+ 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



Yellow Potato
350 g | 700 g



Sugar Snap Peas
113 g | 227 g



Lemon
1 | 1



Panko Breadcrumbs
½ cup | 1 cup



Garlic Spread
30 g | 60 g



Yogurt Sauce
3 tbsp | 6 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.

Pantry items | Oil, salt, pepper

Cooking utensils | 2 Baking sheets, medium non-stick pan, measuring spoons, zester, parchment paper, small bowl, paper towels

1



Prep and bake potatoes

- Before starting, preheat the oven to 450°F.
- Wash and dry all produce.
- Halve **potatoes** lengthwise.
- Melt **1 tbsp** (2 tbsp) **garlic spread** in a medium non-stick pan (use large non-stick pan for 4 ppl) over medium heat.
- Add **potatoes** and **melted garlic spread** to a parchment-lined baking sheet.
- Season with **salt** and **pepper**, then toss to coat. Arrange in a single layer.
- Roast in the **middle** of the oven until tender and golden-brown, 22-25 min.

2



Toast breadcrumbs

- Meanwhile, zest **half the lemon** (whole lemon for 4 ppl).
- Reheat the same pan over medium.
- When the pan is hot, add **1 tsp** (2 tsp) **garlic spread**, then **panko**.
- Cook, stirring often, until golden, 3-5 min. (**TIP:** Keep a close eye on panko so that it doesn't burn!)
- Remove from heat, then transfer **toasted panko** to a small bowl. Stir in **lemon zest**, if desired.
- Carefully wipe the pan clean.

3



Coat and bake tilapia

Swap | Salmon Fillets

- Line another baking sheet with parchment.
- Pat **tilapia** dry with paper towels. Season with **salt** and **pepper**, then place on prepared sheet.
- Spread **remaining garlic spread** over **tops of tilapia**.
- Top with **toasted panko**, pressing down gently to adhere.
- Roast in the **top** of the oven until **breadcrumbs** are golden and **tilapia** is cooked through, 12-15 min.**

4



Finish prep

- Meanwhile, trim **snap peas**.
- Cut **lemon** into wedges.

5



Cook snap peas (optional)

- Reheat the same pan over medium. (**TIP:** You can skip this step if you prefer snap peas cold and crunchy for dipping!)
- When the pan is hot, add **1 tsp** (2 tsp) **oil**, then **snap peas**. Season with **salt** and **pepper**.
- Cook, stirring often, until tender-crisp, 4-5 min.

6



Finish and serve

- Divide **tilapia**, **potato coins** and **snap peas** between plates.
- Serve **yogurt sauce** alongside for dipping.
- Squeeze a **lemon wedge** over top, if desired.

Measurements
within steps

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

3 | Cook and bake salmon

Swap | Salmon Fillets

If you've opted to get **salmon**, prepare, season and bake it in the same way the recipe instructs you to prepare, season and bake the **tilapia**, reducing cook time to 8-12 min.**

** Cook tilapia and salmon to a minimum internal temperature of 70°C/158°F, as size may vary.



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