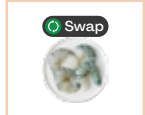




# Golden Breaded Tilapia

## with DIY Tartar Sauce and Potato Coins

Family Friendly 25-35 Minutes



Shrimp  
285 g | 570 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



Mayonnaise  
½ cup | 1 cup



Italian Breadcrumbs  
½ cup | ½ cup



Zesty Garlic Blend  
1 tbsp | 2 tbsp



Yellow Potato  
7 | 14



Dill Pickle, sliced  
90 ml | 90 ml



Zucchini  
1 | 2



Lemon  
1 | 1

**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.

1



### Prep and roast potato coins

- Before starting, preheat the oven to 450°F.
- Wash and dry all produce.
- **Zest Guide for Step 4:**
  - Mild: ¼ tsp (½ tsp)
  - Medium: ½ tsp (1 tsp)
  - Zesty: 1 tsp (2 tsp)

- Cut **potatoes** into ¼-inch rounds.
- Add **potatoes** 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, pepper** and **half the Zesty Garlic Blend**. Toss to coat.
- Roast in the **middle** of the oven, flipping halfway through, until tender and golden-brown, 24-26 min. (**NOTE:** For 4 ppl, roast in the middle and bottom of the oven, rotating sheets halfway through.)

2



### Coat and roast tilapia

Swap | Shrimp

- Meanwhile, measure out **2 tbsp (4 tbsp) mayo** to coat **tilapia**. (**NOTE:** Reserve remaining mayo for DIY tartar sauce in step 4.)
- Combine **breadcrumbs** and **1 tsp (2 tsp) oil** in a small bowl.
- Pat **tilapia** dry with paper towels, then place on another parchment-lined baking sheet.
- Season **tops of tilapia** with **remaining Zesty Garlic Blend, salt** and **pepper**.
- Spread **measured mayo** over top. Top with **breadcrumb mixture**, pressing down gently to adhere.
- Roast in the **top** of the oven until **breadcrumbs** are golden and **tilapia** is cooked through, 14-17 min.\*\*

3



### Prep

- Meanwhile, halve **zucchini** lengthwise, then cut into ½-inch half-moons.
- Zest, then juice **half the lemon**. Cut **remaining lemon** into wedges.
- Drain **pickles**. Very finely chop **2 tbsp (4 tbsp)**.

4



### Make DIY tartar sauce

- Add **remaining mayo, chopped pickles, 1 tsp (2 tsp) lemon juice** and **¼ tsp (½ tsp) lemon zest** to a medium bowl. (**NOTE:** Reference zest guide.)
- Season with **pepper**, then stir to combine.

5



### Cook zucchini

- Heat a large non-stick pan over medium-high heat.
- When the pan is hot, add **1 tsp (2 tsp) oil**, then **zucchini**. Season with **salt** and **pepper**.
- Cook, stirring often, until tender-crisp, 4-5 min.

6



### Finish and serve

- Divide **tilapia, potato coins, zucchini** and **remaining pickles** between plates.
- Serve **DIY tartar sauce** alongside for dipping.
- Squeeze a **lemon wedge** over top, if desired.

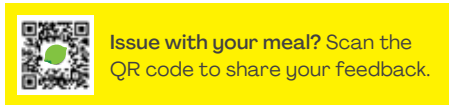
## 2 | Coat and roast shrimp

Swap | Shrimp

If you've opted to get **shrimp**, line another baking sheet with parchment. Combine **breadcrumbs** and **1 tsp (2 tsp) oil** in a zip-top bag. Using a strainer, drain and rinse **shrimp**. Pat dry with paper towels.

Add **shrimp, remaining Zesty Garlic Blend** and **measured mayo** to a medium bowl. Season with **salt** and **pepper**, then toss to coat. Add **shrimp** to the bag with **breadcrumb mixture**, then toss to coat completely. Shake off any excess breading, then arrange **coated shrimp** in a single layer on the prepared baking sheet. Bake in the **top** of the oven until cooked through, 8-12 min.\*\* Follow the rest of the recipe as written.

\*\* Cook tilapia and shrimp to minimum internal temperatures of 70°C/158°F and 74°C/165°F, respectively, as size may vary.



Issue with your meal? Scan the QR code to share your feedback.