



Golden Breaded Tilapia

with DIY Tartar Sauce and Potato Coins

Family Friendly

Quick

25-35 Minutes



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Tilapia



Mayonnaise



Italian Breadcrumbs



Zesty Garlic Blend



Yellow Potato



Dill Pickle, sliced



Zucchini



Lemon

HELLO LEMON ZEST

Punch up the flavour of DIY tartar sauce with a sprinkle of lemon zest!

Start here

- Before starting, preheat the oven to 450°F.
- Wash and dry all produce.

Measurements within steps **1 tbsp** (2 person) **(2 tbsp)** (4 person) **oil** Ingredient

Zest Guide for Step 4:

- Mild: **¼ tsp** (½ tsp)
- Medium: **½ tsp** (1 tsp)
- Zesty: **1 tsp** (2 tsp)

Bust out

2 Baking sheets, medium bowl, measuring spoons, zester, strainer, parchment paper, small bowl, large non-stick pan, paper towels

Ingredients

	2 Person	4 Person
Tilapia	300 g	600 g
Mayonnaise	½ cup	1 cup
Italian Breadcrumbs	¼ cup	½ cup
Zesty Garlic Blend	1 tbsp	2 tbsp
Yellow Potato	350 g	700 g
Dill Pickle, sliced	90 ml	90 ml
Zucchini	200 g	400 g
Lemon	1	1
Oil*		
Salt and Pepper*		

* Pantry items

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

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

- 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**, then 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.)



4 Make DIY tartar sauce

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



2 Coat and roast tilapia

- 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 **top 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. **



5 Cook zucchini

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



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.



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Dinner Solved!