

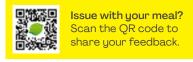
# Golden Breaded Tilapia

with DIY Tartar Sauce and Potato Coins

Family Friendly

Quick

25-35 Minutes













Italian Breadcrumbs

Zesty Garlic Blend





Yellow Potato



Zucchini

Lemon



HELLO LEMON ZEST

## Start here

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

Measurements 1 tbsp (2 tbsp) within steps

4 person

oil Ingredient

#### Zest Guide for Step 4:

- Mild: ¼ tsp (½ tsp)
- Medium: 1/2 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

## **Inaredients**

3. 3		
	2 Person	4 Person
Tilapia	300 g	600 g
Mayonnaise	½ cup	1 cup
Italian Breadcrumbs	1/4 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*		

\* Pantry items

Salt and Pepper

\*\* 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, sov. sulphites, tree nuts and wheat.



# Prep and roast potato coins

- Cut **potatoes** into 1/4-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 goldenbrown, 24-26 min. (NOTE: For 4 ppl, roast in the middle and bottom of the oven, rotating sheets halfway through.)



## 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.\*\*



## Prep

- Meanwhile, halve zucchini lengthwise, then cut into 1/2-inch half-moons.
- Zest, then juice half the lemon. Cut remaining lemon into wedges.
- Drain pickles. Very finely chop 2 tbsp (4 tbsp) pickles.



### Make DIY tartar sauce

 Add reserved mayo, chopped pickles, 1 tsp (2 tsp) lemon juice and 1/4 tsp lemon **zest** to a medium bowl. (NOTE: Reference zest guide.) Season with pepper, then stir to combine.



### Cook zucchini

- Heat a large non-stick pan over mediumhigh 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.



### 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.

