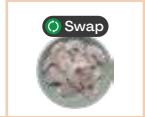




Pan-Seared Tilapia and Zesty Garlic Drizzle

with Potato Coins and Citrus Salad

25 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](http://www.hellofresh.ca)



Tilapia
300 g | 600 g



Montreal Steak Spice
2 ½ tsp | 5 tsp



Spring Mix
56 g | 113 g



Mayonnaise
2 tbsp | 4 tbsp



Lemon
1 | 2



Russet Potato
2 | 4



Garlic, cloves
1 | 2



Orange
1 | 2



Sunflower Seeds
28 g | 28 g

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 | Salt, oil, pepper, sugar

Cooking utensils | Baking sheet, measuring spoons, zester, large bowl, parchment paper, small bowl, whisk, large non-stick pan, paper towels

1



Roast potatoes

- Before starting, preheat the oven to 450°F.
- Wash and dry all produce.
- **Garlic Guide for Step 3:**
 - Mild: ¼ tsp (¼ tsp)
 - Medium: ¼ tsp (½ tsp)
 - Extra: ½ tsp (1 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** and **1 ½ tsp (3 tsp) Montreal Steak Spice**, then toss to coat.
- Roast in the **bottom** of the oven, flipping halfway through, until tender and golden-brown, 18-20 min. (**NOTE:** For 4 ppl, roast in the middle and bottom of the oven, rotating sheets halfway through.)

2



Prep orange

- Meanwhile, cut a piece off the top and bottom ends of **orange**.
- Place a flat end on a cutting board, then cut the peel away from top to bottom to expose **flesh**, turning **orange** as you go.
- Place **orange** on its side and cut into ¼-inch rounds.

3



Make zesty garlic drizzle

- Peel, then mince or grate **garlic**.
- Zest, then juice **lemon**.
- Add **mayo**, ¼ tsp (½ tsp) **lemon zest**, **1 tsp (2 tsp) lemon juice**, ¼ tsp (½ tsp) **sugar** and ¼ tsp (½ tsp) **garlic** to a small bowl. (**NOTE:** Reference garlic guide.)
- Season with **salt** and **pepper**, then stir to combine.

4



Cook tilapia

Swap | Shrimp

- Heat a large non-stick pan over medium-high heat. While the pan heats, pat **tilapia** dry with paper towels.
- Season with **salt** and **1 tsp (2 tsp) Montreal Steak Spice**.
- When the pan is hot, add ½ **tbsp (1 tbsp) oil**, then **tilapia**.
- Cook, flipping once, until opaque and cooked through, 2-3 min per side.**

5



Make salad

- Meanwhile, add **2 tsp (4 tsp) lemon juice**, ¼ **tsp (½ tsp) sugar** and **1 ½ tbsp (3 tbsp) oil** to a large bowl.
- Season with **salt** and **pepper**, then whisk to combine.
- Add **spring mix** and **orange rounds**, then toss to combine.

6



Finish and serve

- Divide **citrus salad**, **tilapia** and **potato coins** between plates.
- Dollop **zesty garlic drizzle** on **tilapia**.
- Sprinkle **sunflower seeds** over **salad**.

Measurements
within steps

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

4 | Cook shrimp

Swap | Shrimp

If you've opted to get **shrimp**, using a strainer, drain, rinse and then pat dry with paper towels. Prepare, cook and plate in the same way the recipe instructs you to prepare, cook and plate the **tilapia****

** 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.