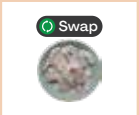




Zesty Tilapia Hoagies with Spiced Fries

Family Friendly 30-40 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 Fillets
300 g | 600 g



Sandwich Bun
2 | 4



Green Cabbage, shredded
56 g | 113 g



Dill
7 g | 14 g



Mayonnaise
4 tbsp | 8 tbsp



Zesty Garlic Blend
1 tbsp | 2 tbsp



Russet Potato
2 | 4



Egg
1 | 2



Panko Breadcrumbs
½ cup | 1 cup



Cajun Spice Blend
1 tbsp | 2 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 | All-purpose flour, oil, salt, pepper, sugar

Cooking utensils | 2 Baking sheets, measuring spoons, 2 shallow dishes, slotted spoon, large bowl, parchment paper, whisk, large non-stick pan, paper towels, small bowl

1



Bake spiced fries

- Before starting, preheat the oven to 450°F.
- Wash and dry all produce.
- Halve **potatoes** lengthwise, then cut into ½-inch wedges.
- Add **potatoes**, **half the Cajun Spice Blend** 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 **pepper**. Toss to coat.
- Roast in the **middle** of the oven, flipping halfway through, until tender and golden-brown, 25-28 min. (**NOTE:** For 4 ppl, roast in the middle and top of the oven, rotating sheets halfway through.)

2



Prep

- Roughly chop **dill**.
- Combine **Zesty Garlic Blend** and **panko** in a shallow dish. Set aside.
- Whisk together **egg** and **1 tbsp** (2 tbsp) **water** in another shallow dish. Set aside.

3



Bread tilapia

- Firmly pat **tilapia** dry with paper towels. Sprinkle ½ **tbsp** (1 tbsp) **flour** over each side.
- Working with **one tilapia fillet** at a time, dip into **egg mixture**, then **panko mixture**. Turn to coat **both sides**.
- Transfer **breaded tilapia** to a plate.

4



Shallow-fry fish

- Heat a large non-stick pan over medium heat.
- Meanwhile, line a plate with paper towels.
- When the pan is hot, add ¼ **cup** (½ cup) **oil**.
- Working with **one piece of tilapia** at a time, carefully add to the pan.
- Cook, flipping halfway, until golden-brown and cooked through, 3-4 min per side.**
- Using a slotted spoon, carefully transfer **each piece of tilapia** to the prepared plate. Season with **salt**.

5



Toss slaw and toast buns

- Meanwhile, add **cabbage**, **dill**, **half the mayo** and ¼ **tsp** (½ tsp) **sugar** to a large bowl. Season with **salt** and **pepper**, then toss to coat.
- Halve **buns**. Arrange on an unlined baking sheet, cut-side up.
- Toast in the **bottom** of the oven until golden-brown, 3-4 min. (**TIP:** Keep an eye on buns so they don't burn!)

6



Finish and serve

- Stir together **remaining Cajun Spice Blend** and **remaining mayo** in a small bowl.
- Stack **tilapia** and **dill slaw** on **bottom buns**. Close with **top buns**.
- Serve **spiced fries** and **Cajun mayo** alongside.

Measurements
within steps

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

3 | Bread and cook shrimp

Swap | Shrimp

If you've opted to get **shrimp**, drain and rinse, then pat dry with paper towels. Add **shrimp** to a large bowl, then sprinkle ½ **tbsp** (1 tbsp) **flour** over top. Toss to coat. Working with **one shrimp** at a time, dip into **egg mixture**, then **panko mixture**. Turn to coat both sides. Transfer **breaded shrimp** to a plate. Shallow-fry and plate **shrimp** in the same way the recipe instructs you to cook the **tilapia fillets**.**

** 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.