



# LOUISIANA-STYLE TILAPIA

with Potato Wedges, Red Cabbage Slaw & Spicy Remoulade



**HELLO**  
**OLD BAY® SEASONING**  
There are two things you need to know about OLD BAY® Seasoning: 1. It's great on seafood. 2. It's great on everything else!

**PREP: 10 MIN | TOTAL: 40 MIN | CALORIES: 750**

-  Yukon Gold Potatoes
-  Carrot
-  Hot Smoked Paprika
-  Dijon Mustard
-  Sour Cream (Contains: Milk)
-  Panko Breadcrumbs (Contains: Wheat)
-  OLD BAY® Seasoning
-  Hot Sauce
-  Scallions
-  Chili Pepper
-  Mayonnaise (Contains: Eggs)
-  Shredded Red Cabbage
-  White Wine Vinegar
-  Cornstarch
-  Tilapia (Contains: Fish)

## START STRONG

Designate one hand (or pair of tongs) for dipping fillets in the sour cream mixture and passing it to the dry plate, and the other for pressing the fish into the panko. No crumb-coated fingers here!

## BUST OUT

- Peeler
- Paper towels
- Box grater
- Large pan
- Medium bowl
- Kosher salt
- Baking sheet
- Black pepper
- Small bowl
- Vegetable oil (1 tsp + more for frying)
- Sugar (1½ tsp | 3 tsp)

## INGREDIENTS

Ingredient **2-person** | **4-person**

- Yukon Gold Potatoes **12 oz** | **24 oz**
- Scallions **2** | **4**
- Chili Pepper **1** | **2**
- Carrot **3 oz** | **6 oz**
- Hot Smoked Paprika **1 tsp** | **2 tsp**
- Mayonnaise **2 TBSP** | **4 TBSP**
- Dijon Mustard **2 tsp** | **4 tsp**
- Sour Cream **8 TBSP** | **16 TBSP**
- White Wine Vinegar **5 tsp** | **10 tsp**
- Shredded Red Cabbage **4 oz** | **8 oz**
- Tilapia\* **11 oz** | **22 oz**
- OLD BAY® Seasoning **1** | **2**
- Panko Breadcrumbs **½ Cup** | **1 Cup**
- Cornstarch **1 TBSP** | **2 TBSP**
- Hot Sauce **1 tsp** | **2 tsp**

\* Tilapia is fully cooked when internal temperature reaches 145 degrees.



## 1 PREP

Adjust rack to top position and preheat oven to 425 degrees. **Wash and dry all produce.** Cut **potatoes** into ½-inch-thick wedges. Trim and thinly slice **scallions**, separating whites from greens; finely chop whites until you have 1 TBSP (2 TBSP for 4 servings). Finely chop **chili**. Trim, peel, and grate **carrot** on the largest holes of a box grater; add to a medium bowl.



## 4 COAT FISH

Halve **tilapia** fillets lengthwise (you'll have a larger piece and a smaller piece). Pat dry with paper towels. In a shallow dish, combine **OLD BAY® Seasoning**, remaining **sour cream**, and **1 TBSP water** (2 TBSP for 4 servings). On a plate, combine **panko** and **cornstarch**. Dip each fillet into **sour cream mixture**, then press into **panko mixture**, coating all over.

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## 2 ROAST POTATOES & MAKE REMOULADE

Toss **potatoes** on a baking sheet with a drizzle of **oil**, half the **paprika**, **salt**, and **pepper**. Roast on top rack until golden brown and crispy, 20-25 minutes. Meanwhile, in a small bowl, combine **mayonnaise**, **mustard**, **scallion whites**, **1 package sour cream** (2 packages for 4 servings), **1 tsp vinegar** (2 tsp for 4; you'll use the rest in the next step), remaining paprika, and a pinch of **chili** to taste. Season with **salt** and **pepper**. Set aside.



## 5 FRY FISH

Heat a ¼-inch layer of **oil** in a large, preferably nonstick, pan over medium-high heat. Once oil is hot enough that a pinch of breadcrumbs sizzles when added to the pan, add **tilapia** and cook until crust is golden and fish is cooked through, 2-3 minutes per side. (**TIP:** The smaller pieces will cook faster.) Transfer to a paper-towel-lined plate. (For 4 servings, fry fish in batches.)



## 3 MAKE SLAW

To bowl with **carrot**, add **cabbage**, **2 TBSP scallion greens** (4 TBSP for 4 servings), **2 packages sour cream** (4 packages for 4; you'll use the rest later), **1½ tsp sugar** (3 tsp for 4), and remaining **vinegar**. Season with a big pinch of **salt** and **pepper**; toss to combine.



## 6 SERVE

Divide **tilapia**, **slaw**, and **potatoes** between plates. Serve with **remoulade**. For an extra kick, drizzle tilapia with **hot sauce**. Garnish with any remaining **scallion greens**.

## ON A ROLL

Break open a baguette and fill it with your fried tilapia, slaw, and remoulade for a crispy fish po'boy.

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