



In your box

6 fl. oz. Canola Oil
1/3 cup Tempura Mix
12 oz. Cubed Butternut Squash
1 1/2 fl. oz. Dijon Honey Mustard Dressing
1 1/2 tsp. Chesapeake Seasoning
2 Tbsp. Pretzel Breading

Customize It Options

12 oz. Tilapia Fillets
12 oz. Mahi-Mahi Fillets
13 oz. Boneless Skinless Chicken Breasts

*Contains: eggs, wheat

You will need

Olive Oil, Salt, Pepper, Cooking Spray
Medium Non-Stick Pan, Mixing Bowl, Baking Sheet



Pretzel-Crusted Tilapia with Honey Mustard and roasted butternut squash

NUTRITION per serving—Calories: 583, Carbohydrates: 35g, Fat: 35g, Protein: 37g, Sodium: 1536mg.

Processed in a facility that also processes peanut, tree nut, wheat, egg, soy, milk, fish, and shellfish ingredients.

*Nutrition & allergen information varies based on menu selection and ingredient availability. Review protein and meal labels for updated information.

Prep & Cook Time

35-45 min.

Cook Within

3 days

Difficulty Level

Intermediate

Spice Level

Not Spicy

👑 Before you cook

Take a minute to read through the recipe before you start—we promise it will be time well spent!

- If using fresh produce, thoroughly rinse and pat dry
- Preheat oven to **400 degrees**
- Prepare a baking sheet with foil and cooking spray

Customize It Instructions

- If using **mahi-mahi**, pat dry and halve widthwise into six pieces. Season all over with **seasoning blend**. Follow same instructions as tilapia in Steps 3 and 4, cooking until mahi-mahi reaches minimum internal temperature of 145 degrees, 3-4 minutes.
- If using **chicken breasts**, pat dry and cut into ¾" strips. Season all over with seasoning blend. Follow same instructions as tilapia in Steps 3 and 4, cooking until chicken reaches minimum internal temperature, degrees, 5-8 minutes.

Minimum Internal Temperature

Steak 145° | Chicken 165° | Pork 145° | Salmon 145° | Shrimp 145°



1

Roast the Butternut Squash

- Halve any large **butternut squash** pieces to roughly match smaller pieces.
- Place butternut squash on prepared baking sheet and toss with 1 tsp. **olive oil**, ¼ tsp. **salt**, and a pinch of **pepper**. Massage oil and seasoning into squash. Massage oil and seasoning into squash.
- Spread into a single layer and roast in hot oven until tender, 18-20 minutes.
- While butternut squash roasts, prepare fish.



2

Prepare the Fish

- Pat **tilapia** dry. Halve tilapia lengthwise into four pieces total. Season all over with **seasoning blend**.



3

Coat the Fish

- Add **canola oil** to a medium non-stick pan and place over medium heat. Heat oil, 5 minutes.
- While oil heats, combine **tempura mix**, ¼ cup **water**, and a pinch of **salt** and **pepper** in a mixing bowl. Stir until a thin batter forms, like pancake batter. *If too thick, add additional water, 1 Tbsp. at a time, until desired consistency is reached.*
- Working in batches, dip **tilapia pieces** in batter, coating completely. Place on a plate and top with **pretzel breeding** on one side, pressing gently to adhere.



4

Fry the Fish

- Line a plate with a paper towel.
- Test **oil** temperature by adding a pinch of **tempura batter** to it. It should sizzle gently. If it browns immediately, turn heat down and let oil cool. If it doesn't brown, increase heat.
- Working in batches if necessary, carefully add **tilapia** to hot oil and fry until golden all over and fish reaches a minimum internal temperature of 145 degrees, 3-4 minutes per side.
- Gently transfer fish to towel-lined plate.



5

Finish the Dish

- Plate dish as pictured on front of card, topping **tilapia** with **Dijon honey mustard dressing**. Bon appétit!