



In your box

- 2 Zucchini
- 2 Garlic Cloves
- ½ tsp. Garlic Salt
- 4 oz. Grape Tomatoes
- ½ cup Italian Panko Blend
- 2 oz. Sour Cream
- 1 Persian Cucumber
- 2 oz. Mashed Potatoes

Customize It Options

- 11 oz. Tilapia Fillets
- 12 oz. Mahi-Mahi Fillets
- 12 oz. Salmon Fillets

*Contains: milk, wheat, soy

You will need

Olive Oil, Salt, Pepper, Cooking Spray
 Baking Sheet, 2 Mixing Bowls,
 Large Non-Stick Pan

Minimum Internal Protein Temperature

145°	Steak	Pork	Lamb	Seafood
160°	Ground Beef		Ground Pork	
165°	Chicken		Ground Turkey	

Classic Meal Kit



Fish Cakes and Tzatziki Sauce

with zucchini and grape tomatoes

NUTRITION per serving—Calories: 511, Carbohydrates: 27g, Sugar: 7g, Fiber: 4g, Protein: 36g, Sodium: 1499mg, Fat: 23g, Saturated Fat: 7g
 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

40-50 min.

Cook Within

3 days

Difficulty Level

Intermediate

Spice Level

Not Spicy

Before you cook

All cook times are approximate based on testing.

- If using fresh produce, thoroughly rinse and pat dry
- Preheat oven to **400 degrees**
- Prepare a baking sheet with foil and cooking spray
- Ingredient(s) used more than once: **garlic salt**



1. Roast the Tilapia

- Place **tilapia** on prepared baking sheet and drizzle with 1 tsp. **olive oil**.
- Roast in hot oven until fish reaches a minimum internal temperature of 145 degrees, 12-14 minutes.
- Let cool, at least 5 minutes.
- While tilapia roasts, prepare ingredients.



2. Prepare Ingredients and Make Tzatziki

- Halve **tomatoes**.
- Trim **zucchini** ends and cut into ¼" rounds.
- Trim **cucumber** and cut into ¼" dice.
- Mince **garlic**.
- In a mixing bowl, combine **sour cream**, cucumber, and a pinch of **salt** and **pepper**.

Customize It Instructions

- If using **mahi-mahi**, follow same instructions as tilapia in Step 1, roasting in hot oven until fish reaches minimum internal temperature, 12-14 minutes.
- If using **salmon**, follow same instructions as tilapia in Step 1, roasting in hot oven until fish reaches minimum internal temperature, 13-15 minutes.



3. Make Fish Cake Mixture

- Once **tilapia** has cooled, transfer to another mixing bowl. Lightly shred.
- Add **panko**, half the **garlic salt** (reserve remaining for vegetables), **mashed potatoes**, **garlic**, ¼ tsp. **salt**, and a pinch of **pepper** and thoroughly combine. Set aside, 5 minutes.
- After 5 minutes, stir until a slightly sticky mixture forms.



4. Cook the Fish Cakes

- Form **fish cake mixture** into four evenly-sized fish cakes, about 3" in diameter.
- Place a large non-stick pan over medium heat and add 2 tsp. **olive oil**. Cooking in batches if necessary, add fish cakes to hot pan. Cook until browned and warm throughout, 3-4 minutes per side.
- Remove fish cakes to a plate. Wipe pan clean and reserve.



5. Cook Vegetables and Finish Dish

- Return pan used to cook fish cakes to medium-high heat and add 1 Tbsp. **olive oil**. Add **zucchini**, **tomatoes**, remaining **garlic salt**, ¼ tsp. **salt**, and a pinch of **pepper** to hot pan. Stir occasionally until zucchini and tomatoes soften slightly, 6-8 minutes.
- Remove from burner.
- Plate dish as pictured on front of card, topping **fish cakes** with **tzatziki**. Bon appétit!