



In your box

- 2 oz. Remoulade
- 1 Romaine Heart
- 2 Roma Tomatoes
- 1 Persian Cucumber
- 1 oz. Grated Parmesan
- ½ oz. Slivered Almonds
- 6 Saltine Crackers
- 1 ½ oz. Caesar Dressing

Customize It Options

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

*Contains: milk, eggs, wheat, soy, tree nuts (almonds), fish (anchovy)

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 Cake Caesar Salad

with remoulade and almonds

NUTRITION per serving—Calories: 609, Carbohydrates: 21g, Sugar: 6g, Fiber: 5g, Protein: 43g, Sodium: 1495mg, Fat: 41g, 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

Easy

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: **remoulade**



1. Roast the Fish

- Pat **tilapia** dry.
- 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.
- Carefully transfer cooked tilapia to a plate. Let cool, 5-10 minutes.
- While fish roasts, prepare ingredients.



2. Prepare the Ingredients

- Hold **romaine heart** at root end and coarsely chop.
- Core **tomato** and cut into ½" dice.
- Trim **cucumber** and cut into ¼" rounds.

Customize It Instructions

- If using **mahi-mahi**, follow same instructions as tilapia in Steps 1, 3, and 4, roasting in step 1 until mahi-mahi reaches desired doneness, 6-8 minutes for medium. *Consuming raw or undercooked mahi-mahi may increase your risk for food-borne illness.*



3. Make the Fish Cake Mixture

- Finely crush **crackers**.
- Once **tilapia** has cooled, transfer to a mixing bowl. Lightly shred fillets into small pieces. Add crackers, 2 Tbsp. **remoulade** (reserve remaining for garnish), **Parmesan**, ¼ tsp. **salt**, and a pinch of **pepper**. Thoroughly combine, then set aside, 5 minutes.
- After 5 minutes, stir tilapia-cracker mixture until slightly sticky.



4. Cook the Fish Cakes

- Form **fish cake mixture** into four evenly-sized fish cakes, about 4" in diameter. *Avoid pressing cakes together too tightly when forming. They should just hold together, staying delicate and flaky.*
- Place a large non-stick pan over medium heat and add 2 tsp. **olive oil**. Working in batches if necessary, add fish cakes to hot pan. Cook until browned and warm throughout, 3-4 minutes per side.
- Remove from pan and set aside. Repeat with remaining cakes as needed, replenishing oil if necessary.



5. Make Salad and Finish Dish

- In another mixing bowl, combine **lettuce**, **dressing**, **tomatoes**, **almonds**, **cucumber**, and ¼ tsp. **salt**.
- Plate dish as pictured on front of card, topping salad with **fish cakes**. Top fish cakes with remaining **remoulade**. Bon appétit!