



### In your box

- 1/3 cup Tempura Mix
- 4 oz. Slaw Mix
- 1/2 oz. Crispy Fried Onions
- 6 fl. oz. Canola Oil
- 2 Russet Potatoes
- 1.32 oz. Tartar Sauce
- 1 Lemon
- 1 tsp. Chesapeake Seasoning
- 3 fl. oz. Chipotle Ranch Dressing

### Customize It Options

- 11 oz. Tilapia Fillets
- 13 1/2 oz. Organic Boneless Skinless Chicken Breasts
- 12 oz. Mahi-Mahi Fillets
- 13 oz. Boneless Skinless Chicken Breasts

\*Contains: milk, eggs, wheat

### You will need

Olive Oil, Pepper, Cooking Spray  
 Medium Non-Stick Pan,  
 Baking Sheet, 3 Mixing Bowls

### Minimum Internal Protein Temperature

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

Classic Meal Kit



## Fried Fish and Chips

with tartar sauce and chipotle ranch slaw

NUTRITION per serving—Calories: 926, Carbohydrates: 64g, Sugar: 8g, Fiber: 5g, Protein: 38g, Sodium: 1384mg, Fat: 60g, Saturated Fat: 8g  
 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

Expert

Spice Level

Mild

## Before you cook

All cook times are approximate based on testing.

- If using fresh produce, thoroughly rinse and pat dry
- Preheat oven to **450 degrees**
- Prepare a baking sheet with foil and cooking spray
- Upon delivery, remove **potatoes** from meal bag and store at room temperature



### 1. Bake the Fries

- Cut **potatoes** into ¼"-thick fries. Pat dry.
- Place fries on prepared baking sheet and toss with 2 tsp. **olive oil, seasoning blend**, and a pinch of **pepper**.
- Spread into a single layer and bake in hot oven until crispy and browned, 25-30 minutes.
- While fries bake, prepare tilapia.



### 2. Heat Oil and Coat Tilapia

- Pat **tilapia** dry and cut into 2" pieces.
- Place a medium non-stick pan over medium heat and add **canola oil**. Let heat, 5 minutes.
- While canola oil heats, combine **tempura mix** and ¼ cup **water** in a mixing bowl until a thick batter forms. Add tilapia and gently stir until coated completely.

## Customize It Instructions

- If using **mahi-mahi**, pat dry and cut into 2" pieces. Follow same instructions as tilapia in Steps 2 and 3, coating in **tempura batter** and flipping occasionally until mahi-mahi reaches minimum internal temperature, 5-7 minutes.
- If using **chicken breasts**, pat dry and cut into 1" strips. Follow same instructions as tilapia in Steps 2 and 3, coating in tempura batter and flipping occasionally until chicken reaches minimum internal temperature, 5-8 minutes.



### 3. Cook the Tilapia

- Line a plate with a paper towel.
- Test **oil** temperature by adding a pinch of **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, lay **tilapia** in hot oil and cook until crispy, golden brown, and tilapia reaches a minimum internal temperature of 145 degrees, 3-4 minutes per side.
- Transfer cooked tilapia to towel-lined plate.



### 4. Make Slaw and Tartar Sauce

- Halve **lemon** lengthwise. Cut one half into wedges and juice the other half.
- Combine **slaw mix** and **dressing** (to taste) in another mixing bowl.
- In another mixing bowl, combine 1 tsp. lemon juice and **tartar sauce**.



### 5. Finish the Dish

- Plate dish as pictured on front of card, topping **slaw** with **crispy onions** and serving **tartar sauce** on side for dipping. Squeeze **lemon wedges** over **tilapia** to taste. Bon appétit!