



**In your box**

- 4 oz. Slaw Mix
- 2 oz. Remoulade
- ½ fl. oz. Hot Sauce
- ½ cup Yellow Cornmeal
- .6 oz. Butter
- 6 oz. Corn Kernels
- ½ tsp. Garlic Salt
- 1 tsp. Blackening Seasoning

**Customize It Options**

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

*If you received different ingredients, we may have sent a substitute. Not to worry! Check your email for updated instructions.*

**You will need**

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

**Minimum Internal Protein Temperature**

<b>145°</b>	Steak	Pork	Lamb	Seafood
<b>160°</b>	Ground Beef		Ground Pork	
<b>165°</b>	Chicken		Ground Turkey	

Rest steak or pork after cooking, 3 minutes.

Classic Meal Kit



# Blackened Tilapia with Remoulade Slaw and buttered corn

NUTRITION per serving—Calories: 570, Carbohydrates: 30g, Sugar: 6g, Fiber: 4g, Protein: 44g, Sodium: 1680mg, Fat: 33g, 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  
**20-30 min.**

Cook Within  
**3 days**

Difficulty Level  
**Intermediate**

Spice Level  
**Mild**

## Before you cook

All cook times are approximate based on testing.

- If using fresh produce, thoroughly rinse and pat dry
- Ingredient(s) used more than once: **seasoned butter**

### Customize It Instructions

- If using **mahi-mahi**, pat dry, halve, and season with **garlic salt** and a pinch of **salt**. Follow same instructions as tilapia in Steps 3 and 4, cooking until mahi-mahi reaches minimum internal temperature, 3-4 minutes per side. *Fish thickness can vary; if you receive a thinner fillet, we recommend checking for doneness sooner.*
- If using **chicken breasts**, follow same instructions as tilapia in Steps 3 and 4, flipping occasionally until chicken reaches minimum internal temperature, 10-14 minutes.
- If using **salmon**, pat dry and season flesh side with garlic salt and a pinch of salt. Coat flesh-side only with **cornmeal**. Follow same instructions as tilapia in Step 4, cooking cornmeal-side down first, until salmon reaches minimum internal temperature, 4-6 minutes per side.



### 1. Prepare Ingredients and Make Slaw

- Add **slaw**, **remoulade**, and a pinch of **salt** to a mixing bowl and combine vigorously.
- In another mixing bowl, add **seasoning blend** and set aside.



### 2. Cook the Corn

- Place a large non-stick pan over medium-high heat and spray with **cooking spray**.
- Add **corn**, ¼ tsp. **salt**, and a pinch of **pepper** to hot pan. Stir occasionally until browned and tender, 2-3 minutes.
- Remove from burner. Remove corn to a plate and tent with foil. Wipe pan clean and reserve.



### 3. Prepare the Fish

- Line a plate with a paper towel. Place **cornmeal** in an even layer on another plate.
- Return pan used to cook corn to medium-high heat and add 1 Tbsp. **olive oil**. Let heat, 3 minutes.
- While oil heats, pat **tilapia** dry, and season both sides with **garlic salt** and a pinch of **salt**.
- Transfer tilapia to plate with cornmeal and gently flip until coated on both sides, pressing gently to adhere.



### 4. Fry Fish and Melt Butter

- Add **tilapia** to hot **oil** in pan and cook until golden-brown and fish reaches a minimum internal temperature of 145 degrees, 2-3 minutes per side.
- Carefully transfer fish to towel-lined plate.
- Keep pan over medium-high heat and add **butter**. Let melt, 30-60 seconds.
- Remove from burner. Transfer butter to bowl with **seasoning blend** and stir to combine. Drizzle half the seasoned butter evenly over tilapia (reserve remaining for corn).



### 5. Finish the Dish

- Plate dish as pictured on front of card, topping **tilapia** with **hot sauce** (to taste) and **corn** with remaining **seasoned butter**. Bon appétit!