



### In your box

- 6 fl. oz. Canola Oil
- .33 cup Tempura Mix
- 🔥 3 tsp. Hot Sauce
- 4 Saltine Crackers
- 3 oz. Sour Cream
- 3 oz. Matchstick Carrots
- 2 Russet Potatoes
- 1 tsp. Buttermilk-Dill Seasoning

### Customize It Options

- 12 oz. Tilapia Fillets
- 12 oz. Boneless Skinless Chicken Breasts
- 12 oz. Mahi-Mahi Fillets
- 13½ oz. Organic Boneless Skinless Chicken Breasts

*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

Baking Sheet, 3 Mixing Bowls, Medium Non-Stick Pan

### Minimum Internal Protein Temperature

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

Rest steak or pork after cooking, 3 minutes.

Classic Meal Kit



## Crispy Buffalo Tilapia

with ranch slaw and salt-and-pepper potatoes

NUTRITION per serving—Calories: 830, Carbohydrates: 64g, Sugar: 5g, Fiber: 4g, Protein: 46g, Sodium: 1690mg, Fat: 43g, Saturated Fat: 9g  
 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

**30-40 min.**

Cook Within

**3 days**

Difficulty Level

**Expert**

Spice Level

**Medium**

## Before you cook

All cook times are approximate based on testing.

- If using fresh produce, thoroughly rinse and pat dry
- Turn oven on to **400 degrees**. Let preheat, at least 10 minutes
- Prepare a baking sheet with foil and generously coat with cooking spray
- Ingredient(s) used more than once: **sour cream**
- Upon delivery, remove **potatoes** from meal bag and store at room temperature



### 1. Bake the Potatoes

- Slice **potatoes** into ¼" rounds.
- Place potatoes on prepared baking sheet and toss with 1 Tbsp. **olive oil**, a pinch of **salt**, and ¼ tsp. **pepper**. Massage oil and seasoning into potatoes.
- Spread into a single layer (some overlap is OK) and bake in hot oven until browned, 18-22 minutes, flipping once halfway through.
- While potatoes bake, make slaw and prepare ingredients.



### 2. Make the Slaw

- In a mixing bowl, combine **matchstick carrots**, 1/3 the **sour cream** (reserve remaining for sauce), **seasoning blend**, and 1 tsp. **olive oil**. Set aside.

## Customize It Instructions

- If using **chicken breasts**, follow same instructions as tilapia in Steps 3, 4, and 5, flipping occasionally until chicken reaches minimum internal temperature, 3-5 minutes per side.
- If using **mahi-mahi**, follow same instructions as tilapia in Steps 3, 4, and 5, flipping occasionally until fish reaches minimum internal temperature, 3-5 minutes per side.



### 3. Prepare Ingredients and Make Spicy Cream

- Finely crush **crackers**.
- In another mixing bowl, combine remaining **sour cream** and **hot sauce** (to taste). Set aside.
- Pat **tilapia** dry and cut into 2" pieces.



### 4. Heat Oil and Make Batter

- Place a medium non-stick pan over medium heat and add **canola oil**. Heat oil, 3-5 minutes.
- While oil heats, combine **tempura mix** and ¼ cup cold **water** in another mixing bowl until a thin batter forms. Gently stir in **crackers**. *Batter should be thin enough to easily coat fish. If too thick, add additional cold water, 1 Tbsp. at a time.*
- 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.



### 5. Fry Tilapia and Finish Dish

- Line a plate with a paper towel.
- Working in batches, dip **tilapia pieces** in **batter**, coating both sides. Carefully add tilapia pieces to hot **oil** and cook until golden brown and tilapia reaches a minimum internal temperature of 145 degrees, 3-5 minutes per side.
- Transfer cooked tilapia to towel-lined plate. Repeat with remaining tilapia. Season cooked tilapia with a pinch of **salt**.
- Plate dish as pictured on front of card, topping tilapia with **spicy cream**. Bon appétit!