



HOME CHEF

CRUNCHY BAKED FISH AND LEMON-SHALLOT TARTAR SAUCE

With Baby Potatoes, Sugar Snaps, and Tomatoes



Panko is a Japanese-style breadcrumb that is specially made to produce a crumb with a fine, flaked shape that provides a crisper, lighter, and airier texture to foods than regular breadcrumbs. When you bake mild tilapia fillets coated with panko and top it with a lemony yogurt-based tartar sauce, you've got yourself a crispy, crunchy, creamy combo that can't be beat.

OVERVIEW



TIME TO PREPARE



EXPERT RECIPE



DAYS BEST COOKED BY

NUTRITION

Calories: 982
Carbohydrates: 85g
Fat: 37g
Protein: 81g
Sodium: 1583mg
per serving

DIETARY



NUT-FREE



SOY-FREE

DRINK PAIRING

Lemonade
Pinot Grigio
Hefeweizen (Wheat Beer served with Lemon)

INGREDIENTS

8 oz. Red Potatoes
4 Piece Parsley Sprigs
4 oz. Sugar Snap Peas
1 Piece Lemon
4 oz. Grape Tomatoes
1 Piece Shallot
2 Piece Tilapia Fillets
3 Tbsp. Butter
¼ Cup Panko
4 oz. Milk, Skim
5.3 oz. Greek Yogurt

WHAT YOU NEED

Olive Oil
Salt
Pepper
Cooking Spray

EQUIPMENT

Baking Sheet
Sauce Pot, Small
3 Mixing Bowls
Wire-Mesh Strainer
Medium Pan

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Prepare the Ingredients and Start the Potatoes

Preheat oven to 400 degrees. Prepare a baking sheet with foil. Rinse **potatoes**, **parsley**, **sugar snap peas**, **lemon**, and **tomatoes**. Quarter potatoes and cover them with lightly **salted water** in a small pot. Place pot over medium heat, and cook for 15-18 minutes. Zest and cut lemon into quarters. Mince **shallot**. Stem and mince parsley.



Bread the Fish

Rinse **tilapia** fillets and halve length-wise so you have four long pieces. Season fish with a pinch of **salt** and **pepper**. Melt **butter** in a small bowl in the microwave for 15 seconds. Combine **panko**, **half the melted butter**, **half the minced parsley**, and a pinch of salt in a mixing bowl. Combine **milk**, a pinch of salt, and half the **yogurt** in a second bowl. Dip fish in the milk mixture, then then place in panko, turning to coat. Place breaded fish on a plate.



Bake the Fish

Lightly coat the baking sheet with cooking spray. Place fish on the baking sheet and lightly spray fish with cooking spray to encourage browning. Bake for 10-14 minutes, or until fully cooked and a minimum internal temperature of 145 degrees is reached. Remove baking sheet from oven and set aside.



Finish Potatoes and Make Tartar Sauce

After **potatoes** have cooked for 15-18 minutes, drain potatoes in a colander and return to pot. Add remaining **melted butter**, and remaining **parsley** (reserving a bit for garnish), and stir gently to combine. Season with a pinch of **salt**. Mix remaining **yogurt**, minced **shallot** (to taste) and **lemon juice** squeezed from 1-2 lemon quarters (to taste) in a small bowl. Season with a pinch of **salt** and **pepper**.



Cook the Vegetables

Place a medium pan over medium-high heat. When hot, add **sugar snap peas** and **tomatoes** and cook for 3-4 minutes, or until slightly browned and blistered. Season with a pinch of **salt**.



Plate the Dish

Arrange **potatoes** and **vegetables** on two plates. Lay two fish pieces on each. Top fish with **tartar sauce**. Garnish with reserved **parsley** and **lemon zest**. Serve immediately.