



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

## DIETARY



NUT-FREE



SOY-FREE

## NUTRITION

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

## 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  
¾ 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.