



In your box

1 Shallot
1 Tbsp. Old Bay Seasoning
¼ oz. Parsley
12 oz. Tilapia Fillets
1 Lemon
1 Romaine Heart
2 Roma Tomatoes
4 Saltine Crackers
1 ½ oz. Mayonnaise
1 ½ fl. oz. Poppyseed Dressing



New England-Style Fish Cakes

with romaine and tomato salad

NUTRITION per serving—Calories: 514, Carbohydrates: 21g, Fat: 32g, Protein: 38g, Sodium: 1391mg.
Processed in a facility that also processes peanut, tree nut, wheat, egg, soy, milk, fish, and shellfish ingredients

Prep & Cook Time
35-45 min.

Cook Within
3 days

Difficulty Level ● ● ●
Intermediate

Spice Level ● ● ●
Not Spicy

① You will need

Olive Oil, Pepper, Cooking Spray

Baking Sheet, 2 Mixing Bowls, Large Non-Stick Pan

👩🍳 Before you cook

Take a minute to read through the recipe before you start—we promise it will be time well spent!

- ☐ Preheat oven to **400 degrees**
- ☐ Thoroughly rinse produce and pat dry
- ☐ Prepare a baking sheet with foil and cooking spray
- ☐ Ingredient(s) used more than once: **shallot, Old Bay seasoning, parsley**



1 Roast the Fish

- Pat **tilapia fillets** dry.
- Place tilapia on prepared baking sheet and drizzle with 1 tsp. **olive oil**. Roast in hot oven until fish reaches a minimum internal temperature of 145 degrees, 12-14 minutes.
- Carefully transfer cooked tilapia to a plate. Let cool, 5-10 minutes.
- While fish roasts, prepare ingredients.



2 Prepare the Ingredients

- Halve and peel **shallot**. Slice half into thin strips and mince other half.
- Halve **lemon** lengthwise. Cut one half into wedges and juice other half.
- Stem and mince **parsley**.
- Hold **romaine heart** at root end and chop coarsely.
- Core **tomatoes** and cut into ½" dice.



3 Prepare the Fish Cake Mixture

- Finely crush **crackers**.
- Add crackers, **mayonnaise**, 2 tsp. **minced shallot**, 2 tsp. **lemon juice**, half the **Old Bay seasoning**, half the **parsley** (reserve remaining of each for garnish), and a pinch of **pepper** to a mixing bowl.
- Once **tilapia** has cooled, shred lightly.
- Add shredded tilapia and mix until combined and able to be formed into cakes.



4 Cook the Fish Cakes

- Form **fish cake mixture** into four evenly-sized fish cakes, about 4" in diameter. *Avoid pressing cakes together too tightly when forming. They should just hold together, staying delicate and flaky.*
- Place a large non-stick pan over medium heat and add 2 tsp. **olive oil**. Working in batches if necessary, add fish cakes to hot pan. Cook until browned and warm throughout, 3-4 minutes per side.
- Remove from pan and set aside. Repeat with remaining cakes as needed, replenishing oil if necessary.



5 Toss the Salad

- In another mixing bowl, toss together **romaine, tomato, sliced shallot** (to taste), and **poppyseed dressing**. *Alternatively, serve dressing on side to control amount.*
- Plate dish as pictured on front of card, garnishing fish cakes with remaining **parsley** and remaining **Old Bay seasoning** (to taste). Squeeze **lemon wedge** over to taste. Bon appétit!