



#### In your box

- 12 oz. Tilapia Fillets
- 1 Roma Tomato
- 2 Limes
- ½ cup Panko Breadcrumbs
- 1 ½ oz. Mayonnaise
- 2 tsp. Chipotle Seasoning
- 2 tsp. Sugar
- 4 oz. Baby Arugula
- 1 oz. Pepitas



## Chili-Lime Fish Cakes

with arugula and pepitas

NUTRITION per serving—Calories: 582, Carbohydrates: 29g, Fat: 36g, Protein: 39g, Sodium: 1740mg.  
Processed in a facility that also processes peanut, tree nut, wheat, egg, soy, milk, fish, and shellfish ingredients

Prep & Cook Time  
**30-40 min.**

Cook Within  
**3 days**

Difficulty Level ● ● ● ● ●  
**Easy**

Spice Level ● ● ● ● ●  
**Mild**

## 🕒 You will need

Olive Oil, Salt, 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 **375 degrees**
- Thoroughly rinse produce and pat dry
- Prepare a baking sheet with foil and cooking spray
- Ingredient(s) used more than once: **lime juice, lime zest**



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### Roast the Fish

- Pat **tilapia fillets** dry, and season both sides with  $\frac{1}{4}$  tsp. **salt** and  $\frac{1}{4}$  tsp. **pepper**.
- Place tilapia on prepared baking sheet and roast until fish reaches a minimum internal temperature of 145 degrees, 12-15 minutes.
- Carefully transfer fish to a plate and let cool 5-10 minutes.
- While fish roasts, prepare ingredients.



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### Prepare the Ingredients

- Core **tomato** and cut into  $\frac{1}{2}$ " dice.
- Zest both **limes**. Juice one lime and half of second lime. Cut remaining half into wedges.



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### Prepare the Cakes

- Once **tilapia** has cooled, shred lightly.
- Place **panko, mayonnaise, chipotle seasoning**, 1 Tbsp. **lime juice** (reserve 1 Tbsp. for salad),  $\frac{1}{2}$  tsp. **salt**, and a pinch of **pepper** to a mixing bowl.
- Add shredded tilapia and mix until able to be formed into cakes.



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### Cook the Cakes

- Form **tilapia mixture** into four evenly-sized fish cakes, about 4" in diameter.
- Place a large non-stick pan over medium heat and add 1 tsp. **olive oil**.
- Add fish cakes to hot pan. *If necessary, cook in batches to avoid crowding pan.* Cook until browned and warm throughout, 3-4 minutes per side.
- Remove cakes from pan and set aside. Repeat with remaining cakes, adding oil as needed.



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### Make the Salad

- In another mixing bowl, combine 1 Tbsp. **lime juice**, 1 Tbsp. **olive oil**, 2 tsp. **lime zest**, **sugar**,  $\frac{1}{4}$  tsp. **salt**, and a pinch of **pepper**.
- Add **arugula, pepitas**, and **tomato** and toss together.
- Plate dish as pictured on front of card, squeezing **lime wedges** over to taste. Bon appétit!