



NUTRITION per serving 24g carbohydrates 39g fat 36g protein 1067mg sodium | calorie-conscious, carb-conscious



Calories
598



Prep & Cook Time
30-40 min.



Cook Within
3 days



Difficulty
Easy



Spice Level
Mild

IN YOUR BOX

2 Tilapia Fillets
½ oz. Pine Nuts
4 oz. Grape Tomatoes
2 Persian Cucumbers
3 oz. Radish
1 Garlic Clove
½ cup Panko Breadcrumbs
1 ½ oz. Mayonnaise
¼ tsp. Red Pepper Flakes
2 oz. Sour Cream

CONTAINS: milk, eggs, wheat, tree nuts (pine nuts), fish (tilapia)
Processed in a facility that also processes peanut, tree nut, wheat, egg, soy, milk, fish, and shellfish ingredients

IN YOUR KITCHEN

Olive Oil
Salt
Pepper
Cooking Spray
Baking Sheet
Large Non-Stick Pan
3 Mixing Bowls

www.homechef.com/4039



Mediterranean Fish Cakes

with pine nuts and cucumber-radish salad

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

WHILE YOU COOK

- Spice Alert!** A little goes a long way when it comes to **red pepper flakes**. Add a pinch at first, taste, and add more if desired. Speaking of red pepper flakes, they are used twice. Half are added to **fish cakes** and remaining garnish dish to taste.
- Some can't get enough **garlic**, and others prefer a lighter touch. Feel free to use to taste when adding to **sour cream** if preferred.

FROM THE CHEF

Keeping your hands slightly damp while forming fish cakes will help keep mixture from sticking to them.

Did you know...

Pine nuts are edible seeds of pine trees. All species of pine produce nuts, but only about 20 actually produce nuts worth harvesting. These little seeds grow inside pine cones, which are dried and smashed to separate out the pine nuts.



Roast the Fish

Place **tilapia fillets** on prepared baking sheet and season both sides with a pinch of **salt** and **pepper**. Roast until fish reaches a minimum internal temperature of 145 degrees, 12-15 minutes. Remove from oven and let cool 5-10 minutes. While fish roasts, toast pine nuts.



Toast the Pine Nuts

Heat a large non-stick pan over medium heat. Add **pine nuts** to hot, dry pan. Stir occasionally until lightly browned and aromatic, 3-5 minutes. Transfer to a plate. Reserve pan; no need to wipe clean.



Prepare Ingredients and Make Salad

Halve **grape tomatoes**. Trim **cucumber**, halve lengthwise, and cut into ¼" half-moons. Trim **radish**, halve, and cut into ¼" half-moons. Coarsely chop **toasted pine nuts**. Finely mince **garlic**. Combine grape tomatoes, cucumbers, radish, 2 tsp. **olive oil**, ¼ tsp. **salt**, and a pinch of **pepper** in a mixing bowl.



Prepare the Fish Cakes

Once **tilapia** has cooled, transfer fish to another mixing bowl and lightly shred. Add **panko**, **mayonnaise**, **pine nuts**, half the **red pepper flakes** (to taste) (reserve remaining for garnish), ¼ tsp. **salt**, and a pinch of **pepper** to bowl with fish. Mix until ingredients form a slightly sticky mixture.



Cook the Fish Cakes

Form mixture into four **fish cakes**, ¾" thick. Return pan used to toast pine nuts to medium heat with 2 tsp. **olive oil**. Add fish cakes to hot pan and cook until browned and warm throughout, 3-4 minutes per side. Remove from burner.



Finish the Dish

Combine **sour cream** and **garlic** (to taste) in another mixing bowl. Add a serving of **salad** to a plate. Place two **fish cakes** against salad. Serve **sauce** on the side. Garnish with remaining **red pepper flakes** (to taste).