



**NUTRITION** per serving 59g carbohydrates 44g fat 39g protein 1409mg sodium



Calories  
**790**



Prep & Cook Time  
**45-55 min.**



Cook Within  
**3 days**



Difficulty  
**Intermediate**



Spice Level  
**Not Spicy**



STAFF PICK

## Fish Croquettes with Pimentón Cream and roasted carrots and potatoes

### IN YOUR BOX

- 1 Russet Potato
- 12 oz. Carrot
- 2 Green Onions
- 2 Tilapia Fillets
- 2 oz. Sour Cream
- 1 tsp. Smoked Paprika
- 2 oz. Flour
- 4 fl. oz. 2% Milk
- 6 fl. oz. Canola Oil
- 1 cup Panko Breadcrumbs

**CONTAINS:** milk, wheat, 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
- 2 Mixing Bowls
- Large Non-Stick Pan
- Medium Non-Stick Pan

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## 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 **450 degrees**
- Thoroughly rinse produce and pat dry
- Prepare a baking sheet with foil and cooking spray

## WHILE YOU COOK

- **Heads Up!** **Green onions** are used twice. **White portions** are added to **roux** and **green portions** garnish **vegetables**.
- **Heads Up!** **Flour** is used twice. Half is added to **roux**, and remaining is added to **tilapia mixture**.

## FROM THE CHEF

Make sure oil is not too hot: The ideal temperature will brown the croquette outsides, and warm the insides throughout.

### Did you know...

*Croquettes, in some form or another, are found in cultures all over the world, such as Japan (korokke), India (aloo tikki), and Germany (kroketten). “Croquette” comes from the French croquer, “to crunch.”*



## Prepare the Ingredients

Peel and cut **potato** into 1” dice. Peel, trim, and cut **carrot** into 1” dice. Trim and thinly slice **green onions**, keeping white and green portions separate. Pat **tilapia fillets** dry and, on a separate cutting board, coarsely chop.



## Roast the Vegetables

Toss **potato** and **carrot** on prepared baking sheet with 2 tsp. **olive oil**, ¼ tsp. **salt**, and a pinch of **pepper**. Spread into a single layer and roast until tender and browned, 18–24 minutes. While vegetables roast, combine **sour cream** and **smoked paprika** in a mixing bowl. Set aside.



## Cook the Tilapia

Place a large non-stick pan over medium-high heat. Add 1 tsp. **olive oil**, **tilapia**, ¼ tsp. **salt**, and a pinch of **pepper** to hot pan. Stir occasionally until flesh is opaque throughout and pieces reach a minimum internal temperature of 145 degrees, 5–8 minutes. *Don't worry if tilapia further breaks apart in pan.* Transfer tilapia to a large mixing bowl.



## Make the Roux

Place a medium non-stick pan over medium-high heat. Add 1 Tbsp. **olive oil** and **white portions of green onions**, and cook until aromatic, 30–90 seconds. Stir in half the **flour** (reserve remaining for croquettes), then stir in **milk**. Continue stirring constantly until a very thick paste forms, 1–2 minutes. Transfer roux to bowl with **tilapia** and season with ½ tsp. **salt**. Stir to combine, breaking up fish into flakes. Wipe pan clean and reserve.



## Form the Croquettes

Return pan used to make roux to medium heat and add **canola oil**. Place **panko** on a plate. When fish mixture is cool enough to handle, stir in remaining **flour**. Form fish mixture into six pucks, 2” in diameter and 1” thick. Place croquettes on plate with panko and cover entirely with panko, pressing gently to adhere.



## Finish the Dish

Line a plate with paper towels. Test **oil** temperature by adding a pinch of batter to it. It should sizzle gently. If it browns immediately, turn heat down and let oil cool. Carefully, place **croquettes** in pan and cook until golden brown, 2–4 minutes per side. Transfer to towel-lined plate and season with a pinch of **salt** and **pepper**. Place **vegetables** on a plate and garnish with **green portions of green onions**. Place **croquettes** next to vegetables. Serve **pimentón cream** on the side or with croquettes.