



In your box

- 6 Small Flour Tortillas
- 1 Lemon
- 6 fl. oz. Canola Oil
- 12 oz. Tilapia Fillets
- 1/3 cup Tempura Mix
- 1 Romaine Heart
- 0.63 oz. Pickle Relish
- 1 1/2 oz. Mayonnaise
- 1 oz. Crispy Fried Onions



Nantucket Fish Tacos

with homemade tartar sauce

NUTRITION per serving—Calories: 919, Carbohydrates: 65g, Fat: 54g, Protein: 40g, Sodium: 1560mg.
Processed in a facility that also processes peanut, tree nut, wheat, egg, soy, milk, fish, and shellfish ingredients

Prep & Cook Time
25-35 min.

Cook Within
3 days

Difficulty Level ● ● ●
Intermediate

Spice Level ☐ ☐ ☐
Not Spicy

🕒 You will need

Salt, Pepper

2 Mixing Bowls, Medium 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!

- ☐ Thoroughly rinse produce and pat dry



1

Prepare the Ingredients

- Hold **romaine heart** at root end and thinly slice. Measure out a heaping 2 cups and place in a mixing bowl.
- Halve **lemon** lengthwise. Cut one half into wedges and juice the other half.
- In another mixing bowl, combine **tempura mix** and ¼ tsp. **salt** with ⅓ cup **cold water** until the consistency of a thin batter. Set aside.
- Pat **tilapia** dry and, on a separate cutting board, cut into 2" dice. Season with a pinch of **pepper**.



2

Make Tatar Sauce and Salad

- In bowl with **romaine**, combine **mayonnaise**, **pickle relish**, 1 tsp. **lemon juice**, and ¼ tsp. **salt**. Set aside.



3

Batter the Fish

- Add **tilapia pieces** to bowl with **tempura batter** and coat completely.



4

Fry the Fish

- Line a plate with a paper towel. Place **canola oil** in a medium non-stick pan and place over medium-high heat. Let oil heat, 3-4 minutes.
- Test oil temperature by adding a drop of **batter** to it. It should sizzle gently. If it browns immediately, turn heat down and let oil cool. If it doesn't brown, increase heat.
- Working in batches, carefully add **battered tilapia** to hot pan. Cook until browned and pieces reach a minimum internal temperature of 145 degrees, 2-4 minutes per side.
- Remove to towel-lined plate.



5

Finish the Dish

- Wrap **tortillas** in a damp paper towel and microwave, 30 seconds.
- Plate dish as pictured on front of card, placing **tilapia pieces** in tortillas and topping with **salad** and **crispy onions**. Squeeze **lemon wedge** over to taste. Bon appétit!