In your box

- 12 oz. Tilapia Fillets
- ¼ cup Panko Breadcrumbs
- 2 tsp. Cajun Seasoning
- ¼ cup Mayonnaise
- .63 oz. Pickle Relish
- 1 ½ fl. oz. Sweet Vidalia Onion Dressing
- 1 Roma Tomato
- 5 oz. Baby Spinach
- 2 oz. Cheddar Cheese Crumbs
- ½ oz. Dijon Mustard

HOME CHEF

Cajun Fish Cakes

with spinach salad

NUTRITION per serving–Calories: 616, Carbohydrates: 22g, Fat: 41g, Protein: 38g, Sodium: 1562mg.
Processed in a facility that also processes peanut, tree nut, wheat, egg, soy, milk, fish, and shellfish ingredients

Prep & Cook Time	Cook Within	Difficulty Level	Spice Level
25-35 min.	3 days	Easy	Medium

You will need

Olive Oil, Salt, Pepper

Large Non-Stick Pan, 3 Mixing Bowls

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
- ☐ Ingredient(s) used more than once: **Cajun seasoning, mayonnaise**

1

Cook the Tilapia

- Pat **tilapia** dry, and season both sides with half the **Cajun seasoning** (reserve remaining for remoulade), ¼ tsp. **salt**, and a pinch of **pepper**.
- Place a large non-stick pan over medium heat and add 1 tsp. **olive oil**. Add tilapia to hot pan and cook until fish reaches a minimum internal temperature of 145 degrees, 2-3 minutes per side.
- Transfer tilapia to a mixing bowl. Set aside to cool slightly, 5 minutes.
- Wipe pan clean and reserve.

2

Prepare Ingredients and Make Remoulade

- Core **tomato** and cut into ¼" dice.
- In another mixing bowl, combine half the **mayonnaise** (reserve remaining for fish cake mixture), **Dijon**, remaining **Cajun seasoning**, and **pickle relish**. Set aside.

3

Form the Cakes

- Using two forks, shred **tilapia**.
- Add **panko**, remaining **mayonnaise**, ½ tsp. **salt**, and a pinch of **pepper** to bowl with tilapia and thoroughly combine.
- Form tilapia mixture into four tightly packed balls, slightly larger than a golf ball.
- Gently flatten balls into ½" cakes.

4

Cook the Cakes

- Return pan used to cook tilapia to medium-high heat and add 2 tsp. **olive oil**.
- Working in batches if necessary, add **fish cakes** to hot pan. Cook until browned and warmed through, 2-3 minutes per side.
- Remove cakes from pan. Repeat with remaining cakes as needed.

5

Finish the Dish

- In another mixing bowl, combine **spinach**, **tomato**, and **dressing**.
- Plate dish as pictured on front of card, serving **fish cakes** with **remoulade** and garnishing salad with **cheese crumbs**. Bon appétit!