



#### In your box

- ¼ oz. Parsley
- 2 fl. oz. White Wine Vinegar
- 1 Lemon
- 12 oz. Tilapia Fillets
- .63 oz. Pickle Relish
- 1 ½ oz. Mayonnaise
- 2 Russet Potatoes
- ⅓ cup Tempura Mix
- 6 fl. oz. Canola Oil
- 1 ½ tsp. Old Bay Seasoning



## Tilapia Fish and Chips

with roasted potato wedges and tartar sauce

NUTRITION per serving—Calories: 622, Carbohydrates: 42g, Fat: 34g, Protein: 39g, Sodium: 1349mg.  
Processed in a facility that also processes peanut, tree nut, wheat, egg, soy, milk, fish, and shellfish ingredients

Prep & Cook Time  
40-50 min.

Cook Within  
3 days

Difficulty Level ● ● ●  
Expert

Spice Level 🌶️ 🌶️ 🌶️  
Not Spicy

## ① You will need

Olive Oil, Salt, Pepper, Cooking Spray

Large Non-Stick Pan, Baking Sheet, 3 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!

- Preheat oven to **450 degrees**
- Thoroughly rinse produce and pat dry
- Prepare a baking sheet with foil and cooking spray
- Ingredient(s) used more than once: **parsley**



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### Start the Potatoes

- Cut **potatoes** into ½" wedges.
- Place a large non-stick pan over medium-high heat and add 2 tsp. **olive oil**.
- Add potatoes to hot pan and cook undisturbed until beginning to brown, 2-3 minutes.
- Flip potatoes and add **vinegar**. Cover and cook until vinegar has evaporated, 2-3 minutes.



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### Finish the Potatoes

- Transfer **potatoes** to prepared baking sheet and spread into a single layer.
- Roast in hot oven until tender and lightly browned, 20-25 minutes.
- While potatoes roast, prepare ingredients.



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### Prepare the Ingredients

- Mince **parsley**, leaves and stems.
- Quarter **lemon**.
- Combine **mayonnaise**, **relish**, and half the **parsley** (reserve remaining for garnish) in a mixing bowl. Set aside.
- Pat **tilapia fillets** dry and, on a separate cutting board, cut into 2" pieces. Season with ¼ tsp. **salt** and **pepper**.



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### Make the Batter

- Combine **tempura mix** and ¼ cup **very cold water** in another mixing bowl. Add additional cold water, 1 Tbsp. at a time, until the consistency is extremely thin, like heavy cream.
- *The thinner the batter, the better: A thin batter will ensure fish pieces will be crisp, not greasy.*
- Place a medium non-stick pan over medium-high and add **canola oil**. Heat oil, 3-5 minutes.



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### Cook Tilapia and Finish Dish

- 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. If it doesn't brown, increase heat.
- Dip **tilapia pieces** in batter, coating evenly. Working in batches, carefully add tilapia pieces to hot oil and cook until golden brown and pieces reach a minimum internal temperature of 145 degrees, 2-3 minutes per side.
- Transfer finished pieces to another mixing bowl and add a pinch of **salt** and **Old Bay seasoning**. Toss to coat.
- Plate dish as pictured on front of card, serving **sauce** on the side for dipping and garnishing **potatoes** with reserved **parsley**. Squeeze **lemon wedges** over (to taste). Bon appétit!