



#### In your box

6 fl. oz. Canola Oil  
3 oz. Matchstick Carrots  
1 tsp. Buttermilk Dill Seasoning  
1/3 cup Tempura Mix  
3 oz. Sour Cream  
4 Saltine Crackers  
3 tsp. Frank's RedHot Sauce  
2 Russet Potatoes  
2 Dill Sprigs

#### Customize It Options

12 oz. Tilapia Fillets  
12 oz. Mahi-Mahi Fillets



## Crispy Buffalo Tilapia

with ranch slaw and salt-and-pepper potatoes

NUTRITION per serving—Calories: 736, Carbohydrates: 59g, Fat: 37g, Protein: 42g, Sodium: 1684mg.  
Processed in a facility that also processes peanut, tree nut, wheat, egg, soy, milk, fish, and shellfish ingredients  
*\*Nutrition & allergen information may vary by protein. Please review protein and meal labels for details.*

Prep & Cook Time  
**30-40 min.**

Cook Within  
**3 days**

Difficulty Level ● ● ●  
**Expert**

Spice Level ● ● ● ●  
**Medium**

## ① You will need

Olive Oil, Salt, Pepper, Cooking Spray  
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 **400 degrees**
- Thoroughly rinse produce and pat dry
- Prepare a baking sheet with foil and generously coat with **cooking spray**
- Ingredient(s) used more than once: **sour cream, dill**



1

### Make the Slaw

- Stem and coarsely chop half the **dill**. Reserve whole leaves for garnish.
- In a mixing bowl, combine **carrot**,  $\frac{1}{3}$  the **sour cream** (reserve remaining for sauce), **seasoning blend**, chopped dill (reserve remaining for garnish), and 1 tsp. **olive oil**. Set aside.



2

### Bake the Potatoes

- Slice **potatoes** into  $\frac{1}{4}$ " rounds.
- Place potatoes on prepared baking sheet and toss with 1 Tbsp. **olive oil**,  $\frac{1}{4}$  tsp. **salt**, and  $\frac{1}{4}$  tsp. **pepper**. Massage oil and seasoning into potatoes.
- Spread into a single layer and bake in hot oven, flipping once halfway through, until browned, 18-22 minutes.
- While potatoes bake, prepare remaining ingredients.



3

### Prepare the Ingredients

- Finely crush **crackers**.
- In another mixing bowl, combine remaining **sour cream** and **hot sauce** (to taste). Set aside.
- Pat **tilapia** dry and, on a separate cutting board, cut into 2" pieces.
- *If using mahi-mahi, follow same instructions.*



4

### Make the Batter

- Place **canola oil** in a medium non-stick pan over medium heat. Heat oil, 3-5 minutes.
- While oil heats, combine **tempura mix** and  $\frac{1}{4}$  cup cold **water** in another mixing bowl until a thin batter forms. Gently stir in **crackers**. *Batter should be thin enough to easily coat fish. If too thick, add additional cold water, 1 Tbsp. at a time.*
- Test oil by adding a pinch of batter. It should sizzle gently. If it browns immediately, turn heat down and let oil cool. If it doesn't brown, increase heat.



5

### Fry Tilapia and Finish Dish

- Line a plate with a paper towel.
- Working in batches add **tilapia pieces** to **batter**, coating both sides. Carefully, working in batches, add tilapia pieces to hot oil and cook until golden brown and fish reaches a minimum internal temperature of 145 degrees, 3-5 minutes per side.
- *If using mahi-mahi, follow same instructions.*
- Transfer cooked fish to towel-lined plate and season with  $\frac{1}{4}$  tsp. **salt**.
- Plate dish as pictured on front of card, topping tilapia with **hot sauce-sour cream mixture** and garnishing with whole dill leaves. Bon appétit!