



#### In your box

8 oz. Slaw Mix  
2 oz. Sweet Chili Sauce  
2 oz. Miso Dressing  
4 Saltine Crackers  
1.26 oz. Mayonnaise  
2 tsp. Asian Garlic and Ginger Seasoning

#### Customize It Options

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

\*Contains: eggs, wheat, soy, fish (tilapia)

#### You will need

Olive Oil, Salt, Pepper, Cooking Spray  
Baking Sheet, 2 Mixing Bowls, Large Non-Stick Pan



## Thai Fish Cakes

with miso slaw and sweet chili sauce

NUTRITION per serving—Calories: 601, Carbohydrates: 32g, Fat: 36g, Protein: 38g, Sodium: 1616mg.

Processed in a facility that also processes peanut, tree nut, wheat, egg, soy, milk, fish, and shellfish ingredients.

\*Nutrition & allergen information varies based on menu selection and ingredient availability. Review protein and meal labels for updated information.

Prep & Cook Time

35-45 min.

Cook Within

3 days

Difficulty Level

Intermediate

Spice Level

Medium

## 👑 Before you cook

Take a minute to read through the recipe before you start—we promise it will be time well spent!

- ❑ If using fresh produce, thoroughly rinse and pat dry
- ❑ Preheat oven to **400 degrees**
- ❑ Prepare a baking sheet with foil and cooking spray



1

### Roast the Fish

- Pat **tilapia** dry. Place on prepared baking sheet and drizzle with 1 tsp. **olive oil**.
- Roast in hot oven until tilapia reaches a minimum internal temperature of 145 degrees, 12-14 minutes.
- Transfer tilapia to a mixing bowl and let cool, 5 minutes.
- While fish roasts, prepare ingredients.



2

### Prepare the Ingredients

- Finely crush **crackers**.

## Customize It Instructions

- If using **mahi-mahi**, follow same instructions as tilapia.

Minimum Internal Temperature

Steak 145° | Chicken 165° | Pork 145° | Salmon 145° | Shrimp 145°



3

### Mix the Slaw

- In another mixing bowl, combine **slaw mix** and **miso dressing**. Set aside.



4

### Make the Fish Cakes

- Once **tilapia** has cooled, lightly shred fillets into small pieces. Add **crackers**, **seasoning blend**, **mayonnaise**, and a pinch of **salt** and **pepper** to bowl and thoroughly combine. Set aside, 5 minutes.
- After 5 minutes, stir until slightly sticky mixture forms. Form into four evenly-sized fish cakes, about 4" in diameter.



5

### Cook Fish Cakes and Finish Dish

- Place a large non-stick pan over medium heat and add 1 Tbsp. **olive oil**. Add **fish cakes** to hot pan and cook until browned and warm throughout, 3-4 minutes per side. *Be gentle when flipping cakes.*
- Remove from burner.
- Plate dish as pictured on front of card, serving fish cakes with **sweet chili sauce** (to taste). Bon appétit!