



In your box

4 Saltine Crackers
2 tsp. Cajun Seasoning
1 Lime
2 oz. Sour Cream
4 oz. Slaw Mix
2 Russet Potatoes
2 oz. Remoulade
½ cup Tempura Mix
6 fl. oz. Canola Oil

Customize It Options

11 oz. Tilapia Fillets
8 oz. Shrimp
12 oz. Mahi-Mahi Fillets

*Contains: milk, eggs, wheat, soy

You will need

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



Cajun Fish & Chips

with remoulade and slaw

NUTRITION per serving—Calories: 842, Carbohydrates: 65g, Fat: 49g, Protein: 40g, Sodium: 1605mg.

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

40-50 min.

Cook Within

3 days

Difficulty Level

Intermediate

Spice Level

Not Spicy

👑 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
- Upon delivery, remove **potatoes** from meal bag and store at room temperature

Customize It Instructions

- If using **mahi-mahi**, pat dry and cut into 2" pieces. Follow same instructions as tilapia in Steps 3 and 4, flipping occasionally until golden brown and mahi reaches a minimum internal temperature of 145 degrees, 5-7 minutes per side.
- If using **shrimp**, pat dry. Follow same instructions as tilapia in Steps 3 and 4, cooking until golden brown and flipping occasionally until shrimp reaches a minimum temperature, 3-5 minutes per side.

Minimum Internal Temperature

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



1

Roast the Potatoes

- Cut each **potato** into eight wedges.
- Place potato wedges on prepared baking sheet and toss with 2 tsp. **olive oil** and **Cajun seasoning**. Massage oil into potatoes.
- Spread into a single layer and roast in hot oven until golden brown and tender, 15-20 minutes.
- While potatoes roast, prepare ingredients.



2

Prepare Ingredients and Make Slaw

- Halve and juice **lime**.
- Coarsely crush **crackers**.
- Combine **slaw mix**, **sour cream**, 1½ tsp. **lime juice**, ¼ tsp. **salt**, and ¼ tsp. **pepper** in a mixing bowl. Set aside.
- Pat **tilapia** dry, and cut lengthwise into two planks.



3

Prepare the Fish

- Add **canola oil** to a medium non-stick pan and place over medium heat. Let oil heat, 5 minutes.
- While oil heats, in another mixing bowl, combine **tempura mix** and ½ cup **cold water** until a batter the consistency of heavy cream forms. Stir in **crushed crackers**.
- Add **tilapia** to batter and coat completely. Transfer to a plate, letting excess batter drip off.



4

Fry the Fish

- Line a plate with a paper towel.
- 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.
- Carefully, add **tilapia** to hot oil. Cook until fish is golden brown and reaches a minimum internal temperature of 145 degrees, 3-4 minutes per side.
- Remove fish to towel-lined plate.



5

Finish the Dish

- Plate dish as pictured on front of card, serving **remoulade** on the side for dipping. Bon appétit!