



In your box

2 tsp. Buttermilk Dill Seasoning
½ oz. Grated Parmesan
¼ oz. Parsley
3 oz. BBQ Sauce
4 Saltine Crackers
2 Russet Potatoes
½ cup Tempura Mix
6 fl. oz. Canola Oil
½ fl. oz. Garlic Oil

Customize It Options

12 oz. Tilapia Fillets
12 oz. Mahi-Mahi Fillets
13 oz. Boneless Skinless Chicken Breasts

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

You will need

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



Staff Pick

BBQ-Ranch Fish and Chips

with herbed Parmesan potato wedges

NUTRITION per serving—Calories: 806, Carbohydrates: 71g, Fat: 40g, Protein: 43g, Sodium: 1674mg.

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

Expert

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 **450 degrees**
- Prepare a baking sheet with foil and cooking spray
- Ingredient(s) used more than once: **seasoning blend**
- Upon delivery, remove **potato** from meal bag and store at room temperature

Customize It Instructions

- If using **mahi-mahi**, follow same instructions as tilapia in Steps 2, 3, and 4, frying until fish reaches minimum internal temperature, 3-4 minutes per side.
- If using **chicken breasts**, pat dry and slice each breast lengthwise into four equal strips, about $\frac{3}{4}$ " wide. Follow same instruction as tilapia in Steps 3 and 4, frying until chicken reaches minimum internal temperature, 5-6 minutes per side.

Minimum Internal Temperature

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



3

Make the Batter

- Place **canola oil** in a medium non-stick pan over medium heat. Let heat, 5 minutes.
- While oil heats, combine **tempura**, $\frac{1}{2}$ cup **cold water**, half the **seasoning blend** (reserve remaining for after frying), and **crackers** in a mixing bowl. Stir until a thin batter forms.
- If too thick, add additional cold water, 1 Tbsp. at a time, until desired consistency is reached.



1

Roast the Potatoes

- Cut **potato** into $\frac{1}{2}$ " wedges.
- Place potato wedges on prepared baking sheet and toss with 1 Tbsp. **olive oil**, $\frac{1}{4}$ tsp. **salt**, and a pinch of **pepper**. Massage oil and seasoning into potatoes.
- Spread into a single layer. Roast in hot oven until starting to brown, 15 minutes.
- Carefully and gently, flip wedges and roast again until tender and golden brown, 10-12 minutes.
- Gently stir roasted wedges with **garlic oil** and **Parmesan**. Use a utensil; baking sheet will be hot!
- While potatoes roast, prepare ingredients.



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.
- Working in batches, dip **tilapia** in **batter** until fully coated. Let excess batter drip off, then immediately add to hot oil. Cook until golden brown and tilapia reaches a minimum internal temperature of 145 degrees, 3-5 minutes per side.
- Transfer to towel-lined plate. Season with remaining **seasoning blend**.



2

Prepare the Ingredients

- Coarsely chop **parsley** (no need to stem).
- Coarsely crush **crackers**.
- Pat **tilapia** dry, and cut into 2" pieces.



5

Finish the Dish

- Plate dish as pictured on front of card, garnishing **potatoes** with **parsley** and serving **BBQ sauce** on the side for dipping. Bon appétit!