



In your box

2 oz. Baby Arugula
1 cup Panko Breadcrumbs
2 oz. Sour Cream
1 Shallot
1 oz. Shaved Parmesan
1 fl. oz. Red Wine Vinegar
6 fl. oz. Canola Oil
4 oz. Grape Tomatoes
1 Tbsp. Meatloaf Seasoning

Customize It Options

12 oz. Tilapia Fillets
12 oz. Mahi-Mahi Fillets
13 oz. Boneless Skinless Chicken Breasts
13 ½ oz. Organic Boneless Skinless Chicken Breasts

You will need

Olive Oil, Salt, Pepper
2 Mixing Bowls, Medium Non-Stick Pan



Staff Pick

Tilapia Milanese with Arugula Tomato Salad and shaved Parmesan

NUTRITION per serving—Calories: 727, Carbohydrates: 42g, Fat: 42g, Protein: 45g, Sodium: 1561mg.
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
35-45 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

Customize It Instructions

- If using **chicken breasts**, follow same instructions in Steps 1, 3, and 4. In Step 4, cooking until chicken is golden brown and reaches minimum internal temperature, 5-7 minutes per side.
- If using **mahi-mahi**, follow same instructions in Steps 1, 3, and 4. In Step 4, cook until fish is golden brown and reaches minimum internal temperature, 4-6 minutes per side.

Minimum Internal Temperature

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



1

Prepare the Ingredients

- Slice **tomatoes** into ¼" rounds.
- Peel and mince **shallot**.
- Pat **tilapia** dry, and season both sides with **seasoning blend**.



2

Marinate the Tomatoes

- In a mixing bowl, combine **tomatoes**, **shallot**, **vinegar**, 4 tsp. **olive oil**, ¼ tsp. **salt**, and a pinch of **pepper**. Set aside at least 10 minutes for flavors to marry.



3

Prepare the Tilapia

- Place **canola oil** in a medium non-stick pan and place over medium-high heat. Heat oil, 3-5 minutes.
- While oil heats, combine **sour cream**, ¼ tsp. **salt**, and ¼ cup **cold water** in another mixing bowl. Place **panko** evenly on a plate or shallow bowl.
- Dip **tilapia** into sour cream mixture, coating completely. Transfer tilapia to panko, flipping to fully cover and pressing gently to adhere.



4

Fry the Tilapia

- Line a plate with paper towel.
- Test **oil** temperature by adding a pinch of **panko** 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, add **tilapia** to hot oil and cook until golden brown and internal temperature reaches 145 degrees, 3-5 minutes per side.
- Transfer tilapia to towel-lined plate. Season with ¼ tsp. **salt** and a pinch of **pepper**.



5

Toss Salad and Finish Dish

- Add **arugula** and **Parmesan** to **tomato-shallot mixture** and gently combine.
- Plate dish as pictured on front of card. Bon appétit!