



In your box

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

Customize It Options

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

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

You will need

Olive Oil, Salt, Pepper, Cooking Spray
Baking Sheet, Medium Non-Stick
Pan, 3 Mixing Bowls



Crispy Buffalo Tilapia

with ranch slaw and salt-and-pepper potatoes

NUTRITION per serving—Calories: 730, Carbohydrates: 59g, Fat: 37g, Protein: 43g, Sodium: 1684mg.
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

30-40 min.

Cook Within

3 days

Difficulty Level

Expert

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 generously coat with **cooking spray**
- Ingredient(s) used more than once: **sour cream, dill**
- Upon delivery, remove **potatoes** from meal bag and store at room temperature

Customize It Instructions

- If using **mahi-mahi**, follow same instructions as tilapia in Steps 3 and 5, cooking until mahi-mahi reaches a minimum internal temperature of 145 degrees, 3-5 minutes per side.
- If using **chicken breasts**, pat dry and, on a separate cutting board, cut into ¾" strips. Follow same instructions as tilapia in Step 5, cooking, flipping occasionally, until chicken reaches minimum internal temperature, 5-8 minutes.

Minimum Internal Temperature

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



1

Make the Slaw

- Stem and coarsely chop half the **dill**. Reserve sprig top for garnish.
- In a mixing bowl, combine **carrots**, ⅓ the **sour cream** (reserve remaining for sauce), **seasoning blend**, chopped dill, and 1 tsp. **olive oil**. Set aside.



2

Bake the Potatoes

- Slice **potatoes** into ¼" rounds.
- Place potatoes on prepared baking sheet and toss with 1 Tbsp. **olive oil**, ¼ tsp. **salt**, and ¼ tsp. **pepper**. Massage oil and seasoning into potatoes.
- Spread into a single layer (some overlap is ok) and bake in hot oven until browned, 18-22 minutes, flipping once halfway through.
- While potatoes bake, prepare remaining ingredients.



3

Prepare Ingredients and Make Spicy Cream

- 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.



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 ¼ 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, dip **tilapia pieces** in **batter**, coating both sides. Carefully add tilapia pieces to hot **oil** and cook until golden brown and tilapia reaches a minimum internal temperature of 145 degrees, 3-5 minutes per side.
- Transfer cooked tilapia to towel-lined plate. Repeat with remaining tilapia. Season with ¼ tsp. **salt**.
- Plate dish as pictured on front of card, topping tilapia with **spicy cream** and garnishing with **whole dill leaves**. Bon appétit!