



# BLACKENED TILAPIA TACOS

with Pineapple Salsa and Red Cabbage Slaw



## HELLO

### BLACKENED TILAPIA

Spice-rubbed fillets are given a nice char through by broiling—no flipping, fidgeting, or fuss.

**PREP: 5 MIN** | **TOTAL: 30 MIN** | **CALORIES: 640**



Pineapple



Lime



Tilapia  
(Contains: Fish)



Sour Cream  
(Contains: Milk)



Red Cabbage



Shallot



Cilantro



Garlic



Southwest  
Spice Blend



Mayonnaise  
(Contains: Eggs)



Flour Tortillas  
(Contains: Wheat)

## START STRONG

Adjust your broiler rack so that it's in the position closest to the flame. This will ensure that the top of the tilapia fillets gets a nice char while the bottom stays moist and juicy.

## BUST OUT

- Strainer
- Small bowl
- 2 Medium bowls
- Paper towels
- Baking sheet
- Vegetable oil (1 tsp | 1 tsp)
- Olive oil (1 tsp | 2 tsp)
- Sugar (½ tsp | 1 tsp)

## INGREDIENTS

Ingredient 2-person | 4-person

- Pineapple 8 oz | 12 oz
- Cilantro ¼ oz | ½ oz
- Lime 1 | 2
- Shallot 1 TBSP | 2 TBSP
- Garlic 2 Cloves | 2 Cloves
- Tilapia 11 oz | 22 oz
- Southwest Spice Blend 1 TBSP | 2 TBSP
- Sour Cream 2 TBSP | 4 TBSP
- Mayonnaise 2 TBSP | 4 TBSP
- Red Cabbage 4 oz | 8 oz
- Flour Tortillas 6 | 12

## WINE CLUB

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## 1 PREHEAT AND PREP

**Wash and dry all produce.** Preheat broiler to high. Drain **pineapple**, then place in a medium bowl. Chop half the **cilantro** (save the rest for garnish). Halve **lime**; cut one half into wedges. Halve and peel **shallot**, then mince until you have 1 TBSP. Mince **garlic** until you have ½ tsp (you will have some left over).



## 4 MAKE CREMA

Meanwhile, stir **sour cream**, **mayonnaise**, **1½ tsp water**, a squeeze of **lime**, and a pinch of **garlic** in a small bowl. Season with **salt** and **pepper**. **TIP:** Add more or less garlic to taste, or leave it out if you're not a fan of its flavor.



## 2 MAKE SALSA

Add **minced shallot**, half the **chopped cilantro**, and a squeeze of **lime** to bowl with **pineapple**. Toss to combine. Season with **salt** and **pepper**.



## 5 MAKE SLAW AND WARM TORTILLAS

In another medium bowl, toss **cabbage**, remaining **chopped cilantro**, ½ **tsp sugar**, a squeeze of **lime**, and **1 TBSP crema**. Season with **salt**, **pepper**, and more lime to taste. Wrap **tortillas** in a damp paper towel and microwave on high until warm, about 30 seconds.



## 3 BROIL FISH

Pat **tilapia** dry with a paper towel and place on a lightly **oiled** baking sheet. Sprinkle with a drizzle of **olive oil**. Season all over with **salt**, **pepper**, and **Southwest spice**. Rub seasonings into tilapia to moisten. Place under broiler and broil until opaque and lightly charred, about 8 minutes.



## 6 ASSEMBLE AND SERVE

Break up **tilapia** into bite-sized pieces. Fill each **tortilla** with tilapia, **slaw**, and **salsa**. Drizzle with remaining **crema**. Tear leaves from reserved **cilantro** and scatter over. Serve with **lime wedges** on the side.

## GO FISH!

Fish fillets turn taco night into a swimmingly good time.

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