

Southern-Spiced Tilapia & Tartar Sauce

with Buttermilk Mashed Potatoes & Sweet Pepper Slaw

4 SERVINGS | 35-45 MINS

 **Blue Apron**
blueapron.com



We're serving our zesty spiced tilapia fillets with classic sides of mashed potatoes and slaw, elevated by a few simple, piquant twists.

Ingredients

- | | |
|---|--|
|  4 Tilapia Fillets |  2 Tbsps Sweet Pickle Relish |
|  2 Scallions |  1 Tbsp Rice Vinegar |
|  4 oz Sweet Peppers |  2 Tbsps Butter |
|  1 lb Green or Red Cabbage |  1 Tbsp Sugar |
|  1 1/4 lbs Golden or Red Potatoes |  2 oz Cheddar Cheese Curds |
|  1/4 cup Buttermilk |  1 Tbsp Southern Spice Blend* |
|  1/4 cup Mayonnaise | |

*Onion Powder, Garlic Powder, Ground Yellow Mustard, Smoked Paprika & Cayenne Pepper

Wellness at Blue Apron

To find out more about Wellness at Blue Apron visit us at blueapron.com/pages/wellness

WW™ APPROVED



SmartPoints® value per serving



Scan this barcode in your WW app to track SmartPoints®.
Wine is not included in SmartPoints®

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600 CALORIES OR LESS



Serve a bottle of Blue Apron wine with this symbol: Zesty & Tropical.
blueapron.com/wine

1 Prepare the ingredients

- Fill a medium pot $\frac{3}{4}$ of the way up with salted water; cover and heat to boiling on high.
- Wash and dry the fresh produce.
- Medium dice the **potatoes**.
- Cut out and discard the core of the **cabbage**; thinly slice the leaves.
- Cut off and discard the stems of the **peppers**; remove the cores, then thinly slice lengthwise.
- Thinly slice the **scallions**.
- In a large bowl, combine the **sliced cabbage**, **sliced peppers**, and **sliced scallions**.



2 Cook & mash the potatoes

- Add the **diced potatoes** to the pot of boiling water. Cook 17 to 19 minutes, or until tender when pierced with a fork.
- Turn off the heat. Drain thoroughly and return to the pot. Add the **buttermilk**, **cheese curds**, and **butter**. Using a fork, mash to your desired consistency. Taste, then season with salt and pepper if desired.



3 Make the slaw

- Meanwhile, to the bowl of **prepared cabbage mixture**, add the **vinegar**, **sugar**, and **1 tablespoon of olive oil**. Season with salt and pepper. Stir to combine.
- Set aside to marinate, stirring occasionally, at least 10 minutes. Taste, then season with salt and pepper if desired.



4 Cook the fish

- Meanwhile, pat the **fish** dry with paper towels. Season on both sides with salt, pepper, and enough of the **spice blend** to coat (you may have extra).
- In a large pan (nonstick, if you have one), heat **1 tablespoon of olive oil** on medium-high until hot.
- Add the seasoned fish and cook 3 to 4 minutes per side, or until browned and cooked through.* Turn off the heat.



5 Make the tartar sauce & serve your dish

- Meanwhile, in a bowl, combine the **mayonnaise** and **pickle relish**. Taste, then season with salt and pepper if desired.
- Serve the **cooked fish** with the **mashed potatoes** and **slaw**. Serve the **tartar sauce** on the side. Enjoy!



*An instant-read thermometer should register 145°F.

NUTRITION PER SERVING (AS PREPARED)**

Calories: 580, Total Carbohydrates: 40g, Dietary Fiber: 6g, Added Sugars: 5g, Total Fat: 32g, Saturated Fat: 10g, Protein: 32g, Sodium: 1200mg.

**See full Nutrition Facts on your Current page in the Blue Apron app or at blueapron.com.

CONTAINS: SEE INGREDIENT PACKAGING FOR ALLERGEN(S).

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Produced in a facility that processes crustacean shellfish, egg, fish, milk, peanuts, soy, tree nuts, and wheat.

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