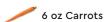






Ingredients









2 Tbsps Butter



18 oz Tail-On Shrimp¹ 🔄

F YOU CHOSE A CUSTOMIZED OPTION, visit the Current tab in the Blue Apron app or



1 lb Red Cabbage



2 Tbsps Vegetarian Worcestershire Sauce



½ cup Buttermilk



1 Tbsp Southern Spice Blend²



1 Pasture-Raised Egg



2 Scallions



½ cup Mayonnaise



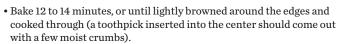
½ cup Sour Cream

1) Prepare the ingredients

- · Place an oven rack in the center of the oven; preheat to 400°F.
- Wash and dry the fresh produce.
- Thinly slice the scallions.
- · Cut out and discard the core of the cabbage; thinly slice the
- Peel the carrots; grate on the large side of a box grater.
- In a bowl, combine the sour cream and half the sliced scallions. Season with salt and pepper.



- Melt the **butter** in a medium bowl in the microwave (or melt in a small pot on the stove, then transfer to a medium bowl).
- Add the cornbread mix, egg, buttermilk, and a pinch of salt. Whisk to thoroughly combine.
- Transfer to an 11-inch by 6-inch (or 8-inch square) baking dish and spread into an even layer.



• Remove from the oven and let stand at least 2 minutes.



- Meanwhile, in a large bowl, whisk together the worcestershire sauce. mayonnaise, and creamy mustard sauce.
- Add the sliced cabbage, grated carrots, and remaining sliced scallions; season with salt and pepper. Toss to combine.



· Set aside to marinate, stirring occasionally, at least 10 minutes. Taste, then season with salt and pepper if desired.

4 Cook the tilapia & serve your dish

- Meanwhile, pat the tilapia dry with paper towels; season on both sides with salt, pepper, and the spice blend.
- In a large pan (nonstick, if you have one), heat 1 tablespoon of olive oil on medium-high until hot.
- Add the seasoned tilapia. Cook 3 to 4 minutes per side, or until browned and cooked through.* Turn off the heat.
- Cut the baked cornbread into equal-sized pieces.
- Serve the cooked tilapia with the slaw. Serve the cornbread and scallion sour cream on the side. Enjoy!

CUSTOMIZED STEP 4 If you chose Shrimp

- Meanwhile, pat the **shrimp** dry with paper towels (remove the tails, if desired). Place in a bowl; season with salt, pepper, and the spice blend. Toss to coat.
- In a large pan (nonstick, if you have one), heat 1 tablespoon of **olive oil** on medium-high until hot.
- Add the seasoned shrimp in an even layer. Cook, without stirring, 2 to 3 minutes, or until browned. Continue to cook, stirring occasionally, 1 to 2 minutes, or until opaque and cooked through. Turn off the heat.
- Cut the baked cornbread into equal-sized pieces.
- Serve the cooked shrimp with the slaw. Serve the cornbread and scallion sour cream on the side. Enjoy!

*An instant-read thermometer should register 145°F





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