

Southern-Spiced Fish & Buttermilk Cornbread

with Slaw & Scallion Sour Cream

4 SERVINGS | 20-30 MINS

 **Blue Apron**
blueapron.com




 IF YOU CHOSE A CUSTOMIZED OPTION, visit the Current tab in the Blue Apron app or at blueapron.com for ingredients (denoted with an ) and instructions tailored to you.*



Serve with Blue Apron wine that has this symbol
blueapron.com/wine

Ingredients



 4 Tilapia Fillets 

 6 oz Carrots


 1 cup Cornbread Mix


 1 Tbsp Creamy Mustard Sauce

 2 Tbsp Butter

 18 oz Tail-On Shrimp 

 1 lb Red Cabbage

 2 Tbsp Vegetarian Worcestershire Sauce


 ½ cup Buttermilk

 1 Tbsp Southern Spice Blend²

 1 Pasture-Raised Egg

 2 Scallions

 ¼ cup Mayonnaise

 ½ cup Sour Cream

1. peeled & deveined 2. Onion Powder, Garlic Powder, Ground Yellow Mustard, Smoked Paprika & Cayenne Pepper
*Ingredients may be replaced and quantities may vary.

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 leaves.
- 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.



2 Bake the cornbread

- 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**, **butter**, 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.
- Bake 12 to 14 minutes, or until lightly browned around the edges and cooked through (a toothpick inserted into the center should come out with a few moist crumbs).
- Remove from the oven and let stand at least 2 minutes.



3 Make the slaw

- 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.