

# Cajun-Spiced Tilapia Sandwiches

with Roasted Broccoli & Remoulade

4 SERVINGS

⌚ 35-45 MINS

 **Blue Apron**  
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## Ingredients\*


Customized ingredients

 4 Tilapia Fillets 

### SWAPPED FOR:


 20 oz Tail-On Shrimp<sup>1</sup> 

 2 Tbsps Rice Vinegar


 3 oz Pickle Chips

 1 Tbsp Cajun Spice Blend<sup>2</sup>


 4 Small Baguettes

 1 head Butter Lettuce

 1 Tbsp Dijonnaise

 1 oz Pickled Peppadew Peppers

 1 lb Broccoli

 1 clove Garlic

 ½ cup Mayonnaise

 1 Tbsp Capers



Serve with Blue Apron wine that has this symbol  
[blueapron.com/wine](https://blueapron.com/wine)

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<sup>1</sup> peeled & deveined   <sup>2</sup> Smoked Paprika, Ground Yellow Mustard, Onion Powder, Garlic Powder, Whole Dried Oregano, Whole Dried Thyme & Cayenne Pepper  
\*Ingredients may be replaced and quantities may vary.





"Alexa, find Blue Apron recipes."

## 1 Prepare the ingredients

- Preheat the oven to 450°F.
- Wash and dry the fresh produce.
- Cut off and discard the bottom 1/2 inch of the **broccoli** stem; cut the broccoli into small florets.
- Roughly chop the **peppers**.
- Roughly chop the **capers**.
- Peel 1 clove of **garlic**; using a zester or the small side of a box grater, finely grate into a paste.
- Halve the **baguettes**.
- Cut off and discard the root end of the **lettuce**; halve lengthwise, then separate the leaves.
- Halve the **pickle chips**.



## 2 Roast & dress the broccoli

- Line a sheet pan with foil.
- Place the **broccoli florets** on the foil. Drizzle with **olive oil** and season with salt and pepper; toss to coat. Arrange in an even layer.
- Roast 14 to 16 minutes, or until browned and tender when pierced with a fork.
- Transfer to a bowl. Add the **chopped peppers**, **half the vinegar**, and a drizzle of **olive oil**; toss to coat. Taste, then season with salt and pepper if desired.



## 3 Make the remoulade

- Meanwhile, in a bowl, combine the **dijonnaise**, **mayonnaise**, **chopped capers**, and **as much of the garlic paste as you'd like**. Taste, then season with salt and pepper if desired.



## 4 Cook the tilapia

- 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 a drizzle 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.\*
- Transfer to a cutting board and carefully halve each fillet lengthwise.



## CUSTOMIZED STEP 4 If you chose Shrimp

- Pat the **shrimp** dry with paper towels; remove the tails. 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 a drizzle of **olive oil** on medium-high until hot.
- Add the seasoned shrimp. Cook, stirring occasionally, 4 to 5 minutes, or until opaque and cooked through.
- Turn off the heat.

## 5 Toast the baguettes

- Meanwhile, place the **halved baguettes** on a separate sheet pan, cut side up. Drizzle with **olive oil** and season with salt and pepper.
- Toast in the oven 5 to 6 minutes, or until lightly browned around the edges.
- Carefully transfer to a work surface.



## 6 Finish & serve your dish

- Just before serving, in a bowl, combine the **lettuce leaves** and **remaining vinegar**. Drizzle with **olive oil** and season with salt and pepper. Toss to coat.
- Assemble the sandwiches using the **toasted baguettes**, **remoulade**, **halved pickle chips**, **halved tilapia**, and **dressed lettuce** (you may have extra lettuce).
- Serve the **sandwiches** with the **dressed broccoli** on the side. Enjoy!



## CUSTOMIZED STEP 6 If you chose Shrimp

- Finish and serve your dish as directed, using the **cooked shrimp** (instead of tilapia).

\*The USDA recommends a minimum safe cooking temperature of 145°F for fish.

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Food safety handling information: [blog.blueapron.com/foodsafety](https://blog.blueapron.com/foodsafety)

CONTAINS: SEE INGREDIENT PACKAGING FOR ALLERGEN(S).

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

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