

Ingredients*



2 Tilapia Fillets



1/2 lb Brussels Sprouts



1 Tbsp Capers



1 cup Potato Flakes



1 Pasture-Raised Egg



1 clove Garlic



2 Tbsps Apple Cider Vinegar



1 Tbsp Weeknight Hero Spice Blend¹



3/4 lb Potatoes



1/2 oz Pickled **Peppadew Peppers**



2 Tbsps Mayonnaise



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

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^{1.} Onion Powder, Garlic Powder, Smoked Paprika & Whole Dried Parsley)

^{*}Ingredients may be replaced and quantities may vary.



"Alexa, find Blue Apron recipes."

Prepare the ingredients

- Preheat the oven to 450°F.
- Wash and dry the fresh produce.
- Cut the potatoes into 1-inchwide wedges.
- · Cut off and discard the stem ends of the brussels sprouts; halve lengthwise.
- Peel 1 clove of garlic; using a zester or the small side of a box grater, finely grate into a paste.
- Roughly chop the peppers.
- Roughly chop the capers.
- In a bowl, combine the mayonnaise and chopped capers. Taste, then season with salt and pepper if desired.

2 Roast the potatoes

- Place the potato wedges on a sheet pan. Drizzle with olive oil and season with salt and pepper; toss to coat. Arrange in an even layer.
- Roast 21 to 23 minutes, or until browned and tender when pierced with a fork.
- Remove from the oven.



3 Roast the brussels sprouts

- Meanwhile, place the halved brussels sprouts on a separate sheet pan; drizzle with olive oil and season with salt and pepper. Toss to coat and arrange in an even layer.
- Roast 15 to 17 minutes, or until browned and tender when pierced with a fork.
- Remove from the oven.



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4 Coat the fish

- Meanwhile, place the spice blend and potato flakes on two separate large plates.
- Crack the egg into a large bowl; season with salt and pepper. Beat until smooth.
- Pat the **fish** dry with paper towels; season with salt and pepper on both sides.



- · Working one piece at a time, thoroughly coat the seasoned fish in the spice blend (tapping off any excess), then in the beaten egg (letting the excess drip off), then in the **potato flakes** (pressing to adhere).
- · Transfer to a separate plate.

5 Cook the fish

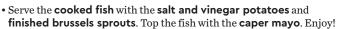
- In a medium pan (nonstick, if you have one), heat a thin layer of oil on medium-high.
- Once the oil is hot enough that a pinch of potato flakes sizzles immediately when added, add the coated fish (tapping off any excess coating before adding). Cook 4 to 5 minutes, or until browned.



- Flip and cook 3 to 4 minutes, or until browned and cooked through.*
- Turn off the heat.

6 Finish & serve your dish

- Transfer the roasted brussels sprouts to a bowl.
- Add the chopped peppers and as much of the garlic paste as you'd like; stir to coat. Taste, then season with salt and pepper if desired.
- Evenly top the roasted potatoes with the vinegar and a big pinch of salt. Stir to coat.





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





Produced in a facility that processes crustacean shellfish



egg, fish, milk, peanuts, soy, tree nuts, and wheat.