

Crispy Tilapia & Caper Mayo

with Salt & Vinegar Potatoes

2 SERVINGS


⌚ 30-40 MINS

 **Blue Apron**
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Ingredients*

 2 Tilapia Fillets


 ½ 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

 ¾ lb Potatoes

 ½ oz Pickled Peppadew Peppers

 2 Tbsps Mayonnaise



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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."

1 Prepare the ingredients

- Preheat the oven to 450°F.
- Wash and dry the fresh produce.
- Cut the **potatoes** into 1-inch-wide 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.



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.
- Serve the **cooked fish** with the **salt and vinegar potatoes** and **finished brussels sprouts**. Top the fish with the **caper mayo**. Enjoy!



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

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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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