

# Crispy Tilapia & Caper Mayo

with Roasted Salt & Vinegar Potatoes

2 SERVINGS

⌚ 35-45 MINS

 **Blue Apron**  
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## Ingredients\*



2 Tilapia Fillets



6 oz Green Beans



2 Tbsps Mayonnaise



1 Pasture-Raised Egg



½ oz Pickled Peppadew Peppers



1 ¾ cups Panko Breadcrumbs



1 Tbsp Capers



¾ lb Potatoes



1 Tbsp Apple Cider Vinegar



¼ cup Rice Flour



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



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1. 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 & make the caper mayo

- Place an oven rack in the center of the oven; preheat to 450°F.
- Wash and dry the fresh produce.
- Cut the **potatoes** into 1-inch-wide wedges.
- Cut off and discard any stem ends from the **green beans**; place in a bowl. Drizzle with **olive oil** and season with salt and pepper; toss to coat.
- 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 & green beans

- Line a sheet pan with foil.
- Place the **potato wedges** on the foil. Drizzle with **olive oil** and season with salt and pepper; toss to coat. Arrange in an even layer on one side of the sheet pan.
- Roast 10 minutes.
- Leaving the oven on, remove from the oven.
- Carefully add the **seasoned green beans** to the other side of the sheet pan. Arrange in an even layer.
- Return to the oven and roast 10 to 12 minutes, or until browned and tender when pierced with a fork.
- Remove from the oven.
- Immediately top the potatoes with the **vinegar** and a **big pinch of salt**. Carefully stir to coat.



## 3 Coat the fish

- Meanwhile, on a large plate, combine the **flour** and **spice blend**.
- Place the **breadcrumbs** on a separate, large plate; season with salt and pepper.
- 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 **seasoned flour** (tapping off any excess), then in the **beaten egg** (letting the excess drip off), then in the **seasoned breadcrumbs** (pressing gently to adhere).
- Transfer to a separate plate.



## 4 Cook the fish & serve your dish

- 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 breadcrumbs sizzles immediately when added, add the **coated fish**. Cook 4 to 5 minutes, or until browned.
- Flip and cook 3 to 4 minutes, or until browned and cooked through.\*
- Serve the **cooked fish** with the **finished potatoes** and **roasted green beans**. Garnish the green beans with the **chopped peppers**. 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, sesame, and wheat.  
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