



**GREEN  
CHEF**

# CRISPY BAKED TILAPIA

*roasted potatoes, slaw with dried cranberries, Creole Dijonnaise*

## COOK TIME

30 MIN

## SERVINGS

2

## CALORIES PER SERVING

910

We love the way breadcrumbs can transform a simple meal into an unforgettable one. Case in point: this delectable seafood dish. Here, our chefs added extra layers of flavor by coating the fish in Creole Dijonnaise before topping it with breadcrumbs and baking it to a crispy-crust finish. Roasted red potatoes and a refreshing cabbage slaw complete the meal.

## INGREDIENTS (9 ITEMS)

12½ oz **Red potatoes**  
 ½ tsp **Smoky paprika & onion blend**  
 ½ cup **Breadcrumbs** W  
 2 (5 oz) **Tilapia fillets\*** F  
 3 oz **Creole Dijonnaise** E S  
 4¼ oz **Cabbage**  
 2 oz **Celery**  
 1 oz **Dried cranberries**  
 1½ oz **Dijon cider dressing**

## WHAT YOU'LL NEED

2 baking sheets  
 mixing bowls  
 measuring spoons  
 thermometer  
 oven mitt  
 cooking oil  
 salt & pepper

## ALLERGENS

W WHEAT  
F FISH (tilapia)  
E EGGS  
S SOY



If you ordered the 4-serving version of this meal, refer to the guidelines in Step 1.

**GREEN CHEF IS PROUD** to be a USDA Certified Organic company. All produce and eggs are organic unless otherwise labeled.

\*Tilapia is fully cooked when internal temperature reaches 145 degrees and it easily flakes with a fork.

Wash and dry fresh produce. Wash hands and surfaces after handling raw fish. Consuming raw or undercooked fish may increase your risk of foodborne illness. Go to [greenchef.com/faq](https://www.greenchef.com/faq) for safe cooking guidelines and to learn more about food allergens. Questions? Contact us at (888) 236-7295.

## 1 START PREP & ROAST POTATOES

- Preheat oven to 425 degrees.
- Halve **red potatoes\*** lengthwise. Lay flat and cut lengthwise into wedges, about ½ inch thick.
- Place **potatoes** in a large bowl. Drizzle with about 1½ tablespoons cooking oil. Season with **smoky paprika and onion blend**, about ¼ teaspoon salt, and a pinch of pepper. Stir to coat.
- Spread **potatoes** out in a single layer on a lightly oiled, foil-lined baking sheet. Roast 20-25 minutes, or until fork-tender, flipping halfway through.

*\*The ingredient you received may be a different color.*

COOKING FOR  
4

If you ordered the 4-serving version of this meal, modify this recipe by doubling the measurements (where it makes sense) and using bigger pots, pans, and bowls.

## 2 MAKE BREADING

- Place **breadcrumbs** in a small bowl. Drizzle with about 1 tablespoon cooking oil. Season with about ¼ teaspoon salt and a pinch of pepper. Stir to combine.

## 3 SEASON & BREAD TILAPIA

- Pat **tilapia fillets** dry with paper towels. Season with salt and pepper.
- Place **tilapia** on a second lightly oiled, foil-lined baking sheet. Spread about half of the **Creole Dijonnaise** onto tilapia. Spoon **breading** onto tilapia.\* Press to adhere.

*\*If some of the breading falls onto the baking sheet, scoop up the excess and press it back onto the tilapia. The thicker the crust, the better!*

## 4 BAKE TILAPIA

- Transfer baking sheet with **tilapia** to oven. Bake 15-18 minutes, or until tilapia is fully cooked and breading is crispy.

## 5 FINISH PREP

- Roughly chop **cabbage\*** if necessary.
- Small dice **celery** into pieces, about ¼ each.

*\*The ingredient you received may be a different color.*

## 6 MAKE SLAW

- Place **cabbage, celery**, and **dried cranberries** in a medium bowl. Drizzle with **Dijon cider dressing** to taste. Toss to combine. Season with salt and pepper to taste.

## 7 PLATE YOUR DISH

- Divide **crispy baked tilapia** between plates. Pile **roasted potato wedges** and **slaw with dried cranberries** on the side. Serve remaining **Creole Dijonnaise** on the side for dipping. Enjoy!





## Nutrition Facts

2 Servings per container

**Serving size** (553g)

**Amount per serving**

**Calories** **910**

	% Daily Value*
<b>Total Fat</b> 57g	73%
Saturated Fat 8g	40%
Trans Fat 0g	
<b>Cholesterol</b> 80mg	27%
<b>Sodium</b> 1360mg	59%
<b>Total Carbohydrate</b> 67g	24%
Dietary Fiber 7g	25%
Total Sugars 18g	
Includes 10g Added Sugars	20%
<b>Protein</b> 33g	
Vitamin D 0mcg	0%
Calcium 68mg	6%
Iron 3mg	15%
Potassium 1137mg	25%

\* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

### All ingredients in this recipe:

**Tilapia** [tilapia], **Breadcrumbs** [bleached wheat flour, yeast, sugar, salt], **Smoky Paprika & Onion Blend** (Smoked Paprika, Onion Powder, Sweet Paprika, Black Pepper), **Dried Cranberries** [cranberries, cane sugar, sunflower oil], **Celery**, **Green Cabbage**, **Red Cabbage**, **Creole Dijonnaise** (Granulated Garlic, Sweet Paprika, Smoked Paprika, Ground Cayenne Pepper, Ground Cumin, Celery Seeds, Dried Basil, Sea Salt, Mayonnaise [organic expeller pressed soybean oil, water, organic egg yolks, organic whole eggs, organic distilled white vinegar, salt, organic white mustard (organic distilled vinegar, water, organic mustard seeds, salt, organic spices), organic lemon juice concentrate], Dijon Mustard [water, organic mustard seeds, organic vinegar, salt, organic turmeric, organic spices], Apple Cider Vinegar [apple cider vinegar]), **Dijon Cider Dressing** (Apple Cider Vinegar [apple cider vinegar], Agave [organic agave syrup], Dijon Mustard [water, organic mustard seeds, organic vinegar, salt, organic turmeric, organic spices], Olive Oil [olive oil], Sea Salt, Black Pepper), **Red Potatoes**

### Allergen information:

Contains Egg, Soy, Wheat And Fish

*Allergens may be reflected in pantry items listed in the “What You’ll Need” section of the recipe card.*

*Manufactured on equipment that processes products containing egg, fish/shellfish, milk, sesame, soy, peanuts, and tree nuts.*

