



CHIPOTLE-SPICED TILAPIA TACOS

with Kiwi Pico de Gallo and Chipotle Crema



HELLO
REGAL SPRINGS® TILAPIA
 Sustainable and all-natural fish
 that's as easy to prepare as it is
 nutritious and delicious

PREP: 15 MIN | TOTAL: 30 MIN | CALORIES: 720



Regal Springs®
Tilapia
(Contains: Fish)



Scallions



Kiwi



Lime



Radishes



Sour Cream
(Contains: Milk)



Chipotle Powder



Cornstarch



Heirloom Grape
Tomatoes



Flour Tortillas
(Contains: Wheat)

START STRONG

To prep the kiwi, trim off the top and bottom ends, stand it upright on your cutting board, then carefully peel away the skin with your knife.

BUST OUT

- Zester
- 3 Small bowls
- Paper towels
- Large pan
- Vegetable oil (for frying)

INGREDIENTS

Ingredient 2-person | 4-person

- Heirloom Grape Tomatoes 4 oz | 8 oz
- Scallions 2 | 4
- Kiwi 1 | 2
- Lime 1 | 2
- Radishes 3 | 6
- Sour Cream 4 TBSP | 8 TBSP
- Chipotle Powder  1 tsp | 2 tsp
- Cornstarch 1 TBSP | 2 TBSP
- Regal Springs® Tilapia 11 oz | 22 oz
- Flour Tortillas 6 | 12

WINE CLUB

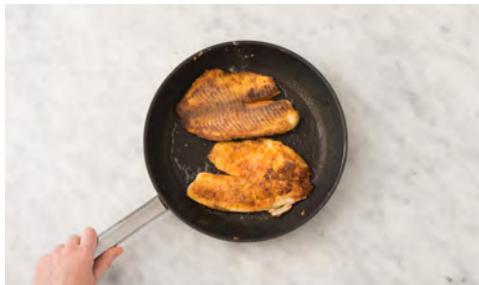
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1 PREP

Wash and dry all produce. Quarter **tomatoes**. Trim, then thinly slice **scallions**, separating whites from greens. Peel **kiwi**, then dice into ¼-inch cubes. Zest 1 tsp zest from **lime**, then cut into wedges. Thinly slice **radishes**. **TIP:** For a fancy presentation, stack the radish slices and slice again into matchsticks.



4 COOK TILAPIA

Heat a ¼-inch layer of **oil** in a large pan over medium-high heat (use a nonstick pan if you have one). Once oil is hot enough that a pinch of cornstarch sizzles when added to the pan, add **tilapia**. Cook until browned and lightly crisped, 3-4 minutes per side. Set aside on a paper-towel-lined plate.



2 MAKE CREMA

In a small bowl, mix together **sour cream**, half the **lime zest**, a squeeze of **lime**, and a pinch of **chipotle powder** (to taste—it's spicy). Season with **salt** and **pepper**.



5 MAKE PICO DE GALLO AND WARM TORTILLAS

While tilapia cooks, toss together **kiwi**, **tomatoes**, **scallion whites**, and a squeeze of **lime** in a third small bowl. Season with **salt** and **pepper**. Wrap **tortillas** in a lightly dampened paper towel and microwave on high until warm and soft, about 30 seconds.



3 SEASON TILAPIA

In another small bowl, combine **cornstarch**, remaining **lime zest**, and half of the remaining **chipotle powder** (save the rest for another use). Pat **tilapia** dry with paper towels, then season all over with **salt** and **pepper**. Sprinkle with cornstarch mixture, gently rubbing mixture into fillets to evenly coat.



6 ASSEMBLE AND SERVE

Break **tilapia** into smaller pieces and divide between **tortillas**. Top with as much of the **pico de gallo**, **radishes**, **crema**, and **scallion greens** as you like and serve.

WHAT A PAIR!

Crispy spiced fish + fruity salsa = a match made in tropical paradise.

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