



# 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: 600**

  
 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 or peeler.

## BUST OUT

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

## INGREDIENTS

Ingredient 2-person | 4-person

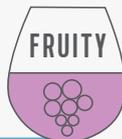
- Heirloom Grape Tomatoes 4 oz | 8 oz
- Scallions 2 | 4
- Kiwi 1 | 2
- Lime 1 | 2
- Radishes 3 | 6
- Sour Cream 4 TBSP | 8 TBSP
- Chipotle Powder  1 tsp | 2 tsp
- Cornstarch 1 TBSP | 2 TBSP
- Regal Springs® Tilapia\* 11 oz | 22 oz
- Flour Tortillas 6 | 12

\* Tilapia is fully cooked when internal temperature reaches 145 degrees.

## WINE CLUB

Pair this meal with a HelloFresh Wine matching this icon.

[HelloFresh.com/Wine](https://www.hellofresh.com/wine)



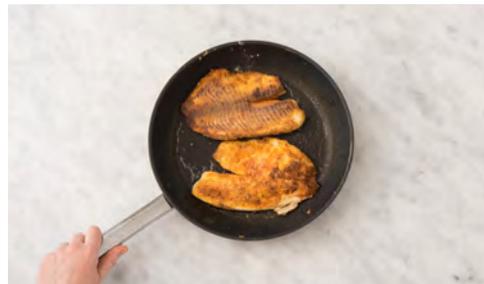




## 1 PREP

**Wash and dry all produce.**

Quarter **tomatoes**. Trim and 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** (add more or less to taste). Stir in enough **water** to give mixture a drizzling consistency (start with 1 tsp). Season with **salt** and **pepper**.



## 5 MAKE PICO DE GALLO AND WARM TORTILLAS

While tilapia cooks, in a third small bowl, toss together **kiwi**, **tomatoes**, **scallion whites**, and a squeeze of **lime**. Season with **salt** and **pepper**. Wrap **tortillas** in lightly dampened paper towels 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 the remaining **chipotle powder** (save 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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