



**HELLO
FRESH**

Lemony New England Tilapia Fillet Rolls

with Vinaigrette-Dressed Apple-Spring Mix Salad

Quick

Preparation time : 30 min.



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Find the full recipe and preparation details online.
<https://hfresh.cottey.fr/en-CA/recipes/lemony-new-england-tilapia-fillet-rolls-18>

Detach me! _____

Before you start

Plan ahead by checking the use-by dates of your ingredients. Rinse fresh produce and prepare the quantities listed below.

Utensils

No special utensils

Ingredients for 1-6 people

Ingredient	2p	4p	6p
Tilapia (g)	300	600	900
Sandwich Bun (unit(s))	2	4	6
Celery (unit(s))	3	6	9
Dill (g)	7	14	21
Dijon Mustard (tbsp)	½	1	1½
Mayonnaise (tbsp)	4	8	12
Lemon (unit(s))	1	1	3
Gala Apple (unit(s))	1	2	3
Spring Mix (g)	56	113	168
Lemon-Pepper Seasoning (g)	6	12	18
Garlic Powder (g)	2	4	6
Oil (tbsp)	1½	3	
Butter (tbsp)	2	4	
Salt (tsp)	0.13	¼	
Sugar (tsp)	½	1	
Pepper (tsp)	0.13	¼	
Add yourself			

Salt, pepper, oil and water according to taste.

Nutritional values

	Per serving	Amount
Calories		820 kcal
Fat		47 g
Saturated Fat		12 g
Carbohydrate		61 g
Sugar		10 g
Dietary Fiber		6 g
Protein		39 g
Cholesterol		125 mg
Sodium		1220 mg
Trans Fat		0.5 g
Potassium		800 mg
Calcium		75 mg
Iron		5 mg

Allergens

Wheat, Soy, Sulphites, May contain traces of allergens, Egg, Gluten, Milk, Tree nuts, Peanuts, Sesame, Fish, Crustaceans, Tilapia, Barley, Triticale, Mustard

Always check the product labels for allergen information.



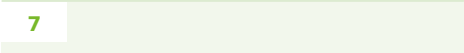
Prep

- Before starting, preheat the oven to 450°F. Wash and dry all produce.
- Remove 2 tbsp (4 tbsp) butter from the fridge and set aside to come up to room temperature.
- To a medium pot, add 6 cups water, half the Lemon-Pepper Seasoning and 2 tsp salt (use same for 4 servings). Cover and bring to a boil over high.
- Meanwhile, halve celery lengthwise, then cut into 1/4-inch pieces.
- Roughly chop dill.
- Zest, then juice half the lemon (whole lemon for 4 servings). Cut any remaining lemon into wedges.
- Core, then cut apple into 1/4-inch slices.



Toast buns

- Split buns in half lengthwise, leaving the centre intact.
- Open up buns like a book. Spread softened butter on cut sides.
- Arrange buns on an unlined baking sheet, cut-sides up.
- Toast in the middle of the oven for 3-4 min, until golden. (TIP: Keep an eye on them so they don't burn.)



Step 7

If you've opted to get tilapia, cut into 1 1/2-inch pieces, then cook in the same way recipe instructs you to cook shrimp.**



Cook tilapia

- Cut tilapia into 1 1/2-inch pieces.
- Add tilapia to the boiling water. Cook for 2-3 min, until tilapia is cooked through.**
- Using a strainer, drain tilapia, then run cold water over tilapia until cool. (TIP: Plunge tilapia into ice water for faster results.)
- Pat tilapia dry with paper towels.



Make tilapia filling

- Meanwhile, to another large bowl, add tilapia, celery, mayo, Dijon, lemon zest, 1/4 tsp (1/2 tsp) sugar, 1/2 tsp (1 tsp) lemon juice, garlic powder, remaining Lemon-Pepper Seasoning and dill.
- Season with salt and pepper, then toss to combine.



Make vinaigrette

- Meanwhile, in a large bowl, add 1/2 tbsp (1 tbsp) lemon juice, 1/4 tsp (1/2 tsp) sugar and 1 1/2 tbsp (3 tbsp) oil.
- Season with salt and pepper, then whisk to combine.
- Add apples, then toss to coat. Set aside.



Finish and serve

- To the bowl with vinaigrette and apples, add spring mix. Toss to coat.
- Divide salad between plates.
- Spoon tilapia filling into buns and serve alongside.
- Squeeze a lemon wedge over top, if you like.

Enjoy your meal!