



Guédilles au tilapia citronnés façon Nouvelle-Angleterre

avec salade aux pommes

Rapido

Durée de préparation : 30 min.



Qu'avez-vous pensé de cette recette ?
Scannez le QR code pour donner votre avis.

Retrouvez la recette complète et les détails de préparation en ligne.
<https://hfresh.cottey.fr/fr-CA/recipes/guedilles-au-tilapia-citronnes-facon-nouvelle-angleterre-18>

Détachez-moi ! _____

Avant d'enfiler le tablier

Planifiez votre recette en vérifiant les dates limites de consommation. Rincez les produits frais et préparez les quantités indiquées ci-dessous.

Utensils

Aucun ustensile particulier

Ingrédients pour 1-6 personnes

Ingrédient	2p	4p	6p
Tilapia (g)	300	600	900
Pain à sandwich (unit(s))	2	4	6
Céleri (unit(s))	3	6	9
Aneth (g)	7	14	21
Moutarde de Dijon (tbsp)	½	1	1½
Mayonnaise (tbsp)	4	8	12
Citron (unit(s))	1	1	3
Pomme Gala (unit(s))	1	2	3
Mélange printanier (g)	56	113	168
Poivre au citron (g)	6	12	18
Poudre d'ail (g)	2	4	6
Huile (tbsp)	1½	3	
Beurre (tbsp)	2	4	
Sel (tsp)	0,13	¼	
Sucre (tsp)	½	1	
Poivre (tsp)	0,13	¼	
À ajouter vous-même			

Sel, poivre, huile et eau selon le goût.

Valeurs nutritionnelles

Par portion	Quantité
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

Blé, Soya, Sulfites, Peut contenir des traces d'allergènes, Oeuf, Gluten, Lait, Noix, Arachides, Sésame, Poisson, Crustacés, Tilapia, Orge, Triticale, Moutarde

Vérifiez toujours les informations concernant les allergènes sur les étiquettes.



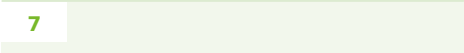
Prep

- 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.)



Étape 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.

Bon appétit !