

DINNERLY

Cornmeal-Crusted Tilapia Po' Boy

with Lettuce & Pickles



30-40min



2 Servings

WHAT WE SEND

- 10 oz pkg tilapia ³
- 2 pkts MayoChup ^{2,4}
- 1 romaine heart
- 3 oz quick-cooking polenta
- ¼ oz Cajun seasoning
- 2 oz bread & butter pickles
- 2 potato buns ¹

WHAT YOU NEED

- 3 Tbsp neutral oil plus more for frying
- ½ cup all-purpose flour ¹
- 2 large eggs ²
- kosher salt & ground pepper to taste
- 2¼ tsp white wine vinegar (or red wine vinegar)

TOOLS

- medium heavy skillet (preferably cast-iron)

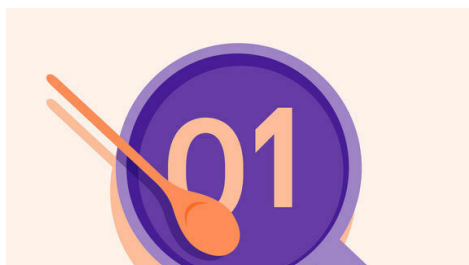
ALLERGENS

Wheat (1), Egg (2), Fish (3), Soy (4). May contain traces of other allergens.

Packaged in a facility that packages gluten containing products.

NUTRITION PER SERVING

Calories 0kcal



1. Prep ingredients

Quarter lettuce lengthwise. Cut 1 quarter crosswise into thin ribbons, discarding stem. Cut remaining quarters crosswise into 1-inch pieces and place in a large bowl. Finely chop 2 teaspoons pickles.



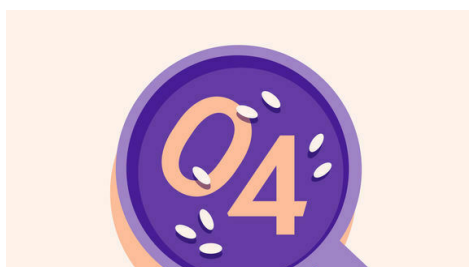
2. Make remoulade

In a small bowl, combine mayochup, and ¼ teaspoon each of vinegar and water. Gradually whisk in 2 tablespoons oil. Stir in pickles and ½ teaspoon cajun spice; season to taste with salt and pepper.



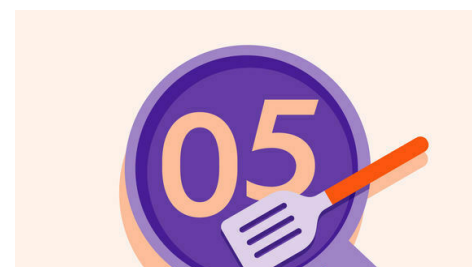
3. Bread tilapia

In a shallow dish, whisk together ½ cup flour, polenta, and remaining Cajun spice. In a second shallow dish, whisk together 2 large eggs and ¼ cup flour mixture (mixture should have the consistency of pancake batter). Dredge tilapia in flour mixture, coating well, then dip into egg mixture, letting excess drip back into dish. Return fish to flour mix and coat well.



4. Fry tilapia

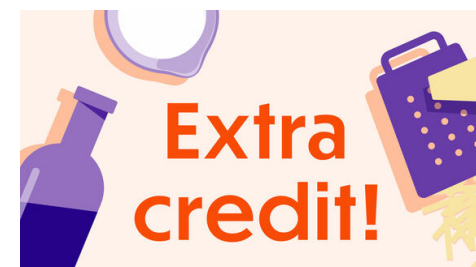
Heat ½-inch oil in a medium heavy skillet over medium-high. When oil is hot (it should sizzle vigorously by adding a pinch of flour), add tilapia and cook until golden and crisp all over, 2–3 minutes a side (lower heat if browning too quickly). Transfer to a paper towel-lined plate to drain; season both sides to taste with salt.



5. Toast buns and & serve

Split buns and toast in a toaster oven or place directly on top oven rack and broil until lightly golden-brown, 1–2 minutes.

Spread remoulade on buns then top with pickles. Sandwich fried fish and lettuce ribbons in between. Toss remaining lettuce with 1 tablespoon oil and 2 teaspoons vinegar; season to taste with salt and pepper. Serve sandwiches with salad on the side. Enjoy!



6.