

DINNERLY



Oven-Baked Tilapia & Sweet Potato Wedges

with Lemon-Caper Tartar Sauce



40min



2 Servings

Ah, the smell of saltwater in the air, waves crashing on the shore, and a seagull snatching your french fry right out of your hand. There's a lot of great things about the beach (and some not-so-great), but if you can't make the road trip right now, at least you can enjoy those seaside flavors. We took a cue from our friends across the pond to give you the ultimate fish n' chips experience. We've got you covered!

WHAT WE SEND

- 1 oz capers
- 1 lemon
- 2 sweet potatoes
- 1 oz panko ¹
- 10 oz pkg tilapia ²
- 2 oz mayonnaise ^{3,4}

WHAT YOU NEED

- garlic
- neutral oil
- kosher salt & ground pepper

TOOLS

- grater or microplane
- rimmed baking sheet
- small skillet

ALLERGENS

Wheat (1), Fish (2), Egg (3), Soy (4). May contain traces of other allergens. Packaged in a facility that packages gluten containing products.

NUTRITION PER SERVING

Calories 790kcal, Fat 46g, Carbs 67g, Protein 34g



1. Prep ingredients

Preheat oven to 425°F with a rack in the lower third.

Finely chop **1 teaspoon garlic**. Finely chop **capers**. Finely grate zest from **lemon** and cut into wedges for serving.



2. Cook sweet potatoes

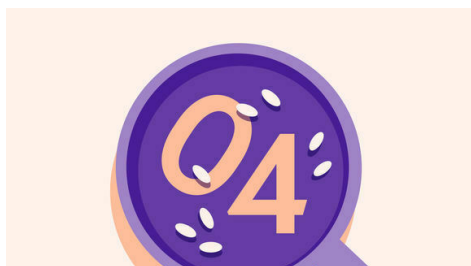
Scrub **sweet potatoes** and cut into ½-inch thick wedges (no need to peel). On a rimmed baking sheet, toss with **2 tablespoons oil** and season with **salt** and **pepper**. Spread into a single layer and bake on lower oven rack until golden, 20–25 minutes.



3. Make sauce, toast panko

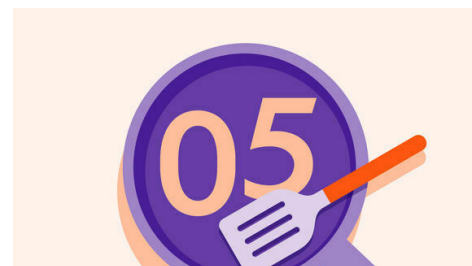
In a small bowl, stir to combine **mayo**, **chopped garlic** and **capers**, and **lemon zest**. Season to taste with **salt** and **pepper**; set aside until ready to serve.

In a small skillet, stir to combine **1 tablespoon oil** with **panko**. Toast over medium-high heat until golden (watch closely as it will burn easily), 2–3 minutes. Transfer to a bowl and let cool.



4. Bread fish

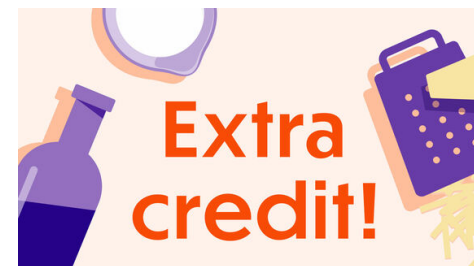
Pat **fish** dry and season all over with **salt** and **pepper**. Spoon **2 teaspoons of the tartar sauce** onto one side of each fillet. Sprinkle **toasted panko** on top and press to adhere.



5. Bake & serve

Flip **sweet potatoes** and push to one side of baking sheet. Place **fish** on open side; bake until fish is cooked through, and potatoes are golden-brown, about 10 minutes.

Serve **oven-baked tilapia** and **sweet potato chips** with **remaining tartar sauce** on the side and **lemon wedges** for squeezing over. Enjoy!



6. Pro-tip!

If you find your potatoes are sticking to the baking sheet, they're not done cooking! The potatoes will easily release when well-browned and crisp.