

DINNERLY



Low-Cal Grilled Tilapia Tacos with Chipotle-Lime Mayo & Shredded Lettuce



under 20min



2 Servings

Taco Tuesday is about to get an upgrade. All you have to do is stir together a tangy chipotle-lime mayo, brush it over tilapia filets, and throw them on the grill. Top off your tacos with some shredded lettuce and a squeeze of lime juice, and you've got a low-calorie meal you'll want to recreate every Tuesday (and Wednesday, and Thursday, maybe Friday too...). We've got you covered!

WHAT WE SEND

- 1 romaine heart
- 1 lime
- 10 oz pkg tilapia ²
- 2 oz mayonnaise ^{1,3}
- ¼ oz chipotle chili powder
- 6 (6-inch) corn tortillas

WHAT YOU NEED

- apple cider vinegar (or white wine vinegar)
- kosher salt & ground pepper
- neutral oil

TOOLS

- grill or grill pan
- microplane or grater

COOKING TIP

No grill? No problem! Toast the tortillas in a medium skillet over medium-high heat, about 30 seconds per side. Then heat 1 Tbsp oil in same skillet and cook tilapia as instructed in step 4.

ALLERGENS

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

NUTRITION PER SERVING

Calories 560kcal, Fat 29g, Carbs 44g, Protein 35g



1. Prep ingredients

Preheat grill to medium-high, if using.

Thinly slice **lettuce** crosswise into ⅛-inch ribbons, discarding stem. Finely grate ½ **teaspoon lime zest** into a small bowl, then cut lime into wedges.

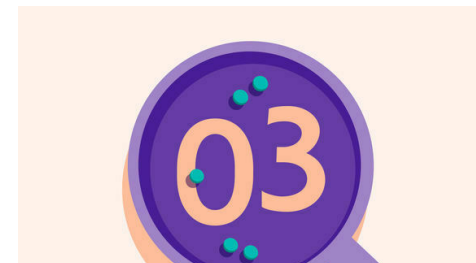
Pat **tilapia** dry.



2. Make chipotle mayo

To bowl with **lime zest**, stir in ¼ **cup mayonnaise, chipotle chili powder** (use less depending on heat preference), ½ **teaspoon each of vinegar and water**, and ¼ **teaspoon salt** until combined.

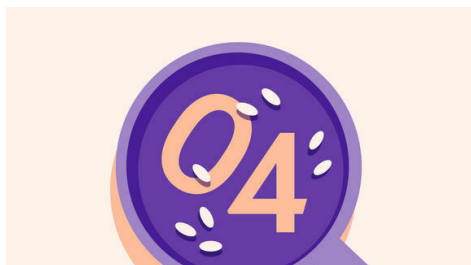
Season **tilapia** all over with **salt** and **pepper**. Set aside **half of the chipotle mayo** for serving; brush remainder in thin layers on both sides of tilapia.



3. Grill tortillas

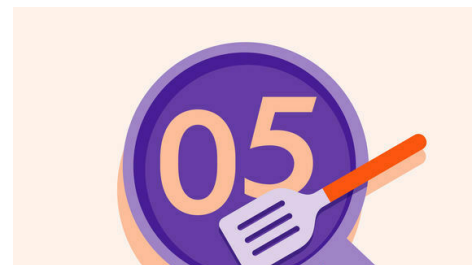
Preheat grill pan to medium-high, if using. Brush grill grates with **oil**.

Working in batches if necessary, add **tortillas** to grill or grill pan and toast until lightly browned and warmed through, 30 seconds per side. Wrap in foil or a clean kitchen towel as you go to keep warm (see cooking tip!).



4. Grill tilapia

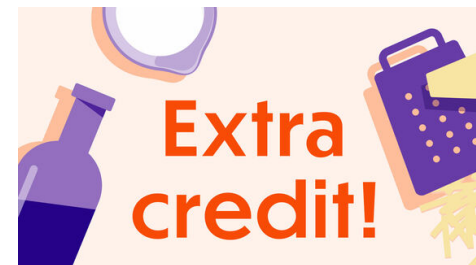
Working in batches if necessary, add **tilapia** to grill in a single layer. Cook until golden-brown and flakes easily, 2–3 minutes per side (see cooking tip!). Transfer to a plate.



5. Finish & serve

Break **tilapia** into large pieces with a fork.

Divide **tilapia** among **tortillas** and top with **lettuce and reserved chipotle mayo**. Serve **lime wedges** alongside for squeezing over top. Enjoy!



6. Dress the lettuce!

Dress the shredded lettuce with olive oil and lime juice to bump up the flavor.