

DINNERLY



Cornmeal-Crusted Fried Tilapia Po' Boy with Cajun Ranch & Fries



1h



2 Servings

This iconic sandwich may be called a po' boy, but we feel like we won the lottery with each bite. We bread tender tilapia with Cajun-seasoned grits for the ultimate crispy texture. After that, all this sandwich needs is a dose of Cajun ranch, a bed of lettuce, and some dill pickles. We've got you covered!

WHAT WE SEND

- 2 potatoes
- 2 (¼ oz) Cajun seasoning
- 1 romaine heart
- 2 (1½ oz) ranch dressing ^{3,7}
- 10 oz pkg tilapia ⁴
- 3 oz grits
- 2 baguettes ¹
- ¾ oz dill pickles

WHAT YOU NEED

- neutral oil
- kosher salt & ground pepper
- ½ cup all-purpose flour ¹
- 2 large eggs ³
- hot sauce (optional)

TOOLS

- rimmed baking sheet
- medium heavy skillet (preferably cast-iron)

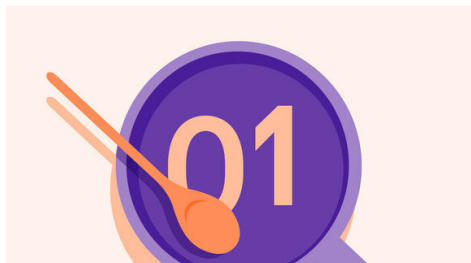
ALLERGENS

Wheat (1), Egg (3), Fish (4), Milk (7). May contain traces of other allergens.

Packaged in a facility that packages gluten containing products.

NUTRITION PER SERVING

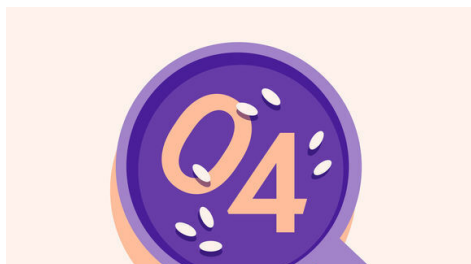
Calories 1390kcal, Fat 56g, Carbs 167g, Protein 59g



1. Bake fries

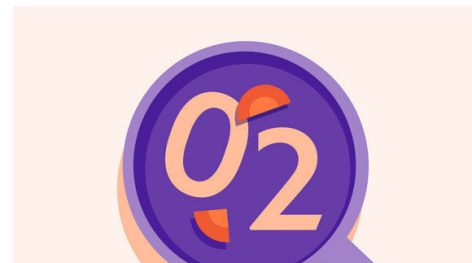
Preheat oven to 450°F with a rack in the lower third.

Scrub **potatoes**; cut into ½-inch thick fries. Toss on a rimmed baking sheet with 2 **tablespoons oil**; season with **salt** and **pepper**. Bake on lower oven rack until golden brown and crisp, stirring halfway through, 35–40 minutes. Toss with **half of the Cajun seasoning**.



4. Fry fish

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

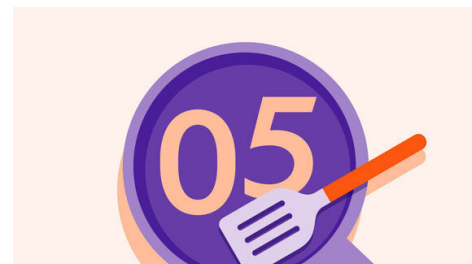


2. Prep ingredients

Meanwhile, thinly slice ¼ of the **lettuce** (save rest for own use).

In a small bowl, whisk together **ranch dressing** with 1 **teaspoon Cajun seasoning**; set aside. Optionally, whisk in ½ **tablespoon hot sauce** if desired.

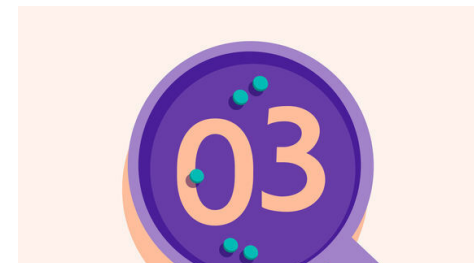
Pat **fish** dry; season with **salt** and **pepper**.



5. Bake bread & serve

Bake **bread** directly on lower oven rack until golden-brown and crisp, about 5 minutes. Split in half and spread cut sides with **Cajun ranch**. Top with **lettuce**, **pickles**, and **fish**.

Serve **fried fish po'boy** with **fries** and **hot sauce**, if desired. Enjoy!

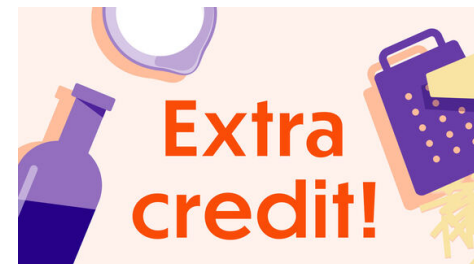


3. Bread fish

In a shallow dish, whisk together **grits**, **remaining Cajun seasoning**, and ½ cup **flour**.

In a second shallow dish, whisk together 2 **large eggs**.

Dredge **fish** in flour mixture, coating well. Dip into egg mixture, letting excess drip back into dish. Return fish to flour mixture and coat well; gently press to help coating adhere. Transfer to a plate.



6. Rate your plate!

When you rate your meals we can give you more of the flavors you love. Tell us what you thought of this recipe on the app or website.