

# Salsa Fresca Fish Tacos

The Meez version of classic fish tacos is as delicious as you think. Lightly breaded, crispy tilapia. Cabbage and jicama slaw. Fresh pico de gallo salsa. Tasty pineapple crema. On the table in less than thirty minutes. That's the magic of Meez.

**20** Minutes to the Table

**20** Minutes Hands On

**1 Whisk** *Super Easy*

## Getting Organized

### EQUIPMENT

Large Mixing Bowl  
Large Skillet

### FROM YOUR PANTRY

Olive Oil  
Salt & Pepper  
Flour (1/8 cup per serving)  
Egg (1 per serving)

### 6 MEEZ CONTAINERS

Taco Slaw  
Pineapple Crema  
Tilapia  
Tortilla  
Salsa Fresca (pico de gallo)  
Queso Fresco (cheese)

## Good to Know

If you ordered the **Carb Conscious version**, we sent you romaine lettuce instead of the tortillas. If you the romaine to make a fish taco salad, and leave out the eggs and flour, **carbs per serving are reduced to 36g**.

**Tilapia** is rich in minerals, proteins and vitamins which strengthen our bone health and reduce the risk of Osteoporosis. It boosts muscle growth in body and also helps in cellular repair and maintain proper metabolic activity.

**Health snapshot per serving** – 755 Calories, 58g Protein, 24g Fat, 77g Carbs, 16 Freestyle points

**Lightened-Up Health snapshot per serving** – 625 Calories 22g Fat, 54g Carbs, 12 Freestyle points by making two heavily loaded tacos per serving instead of three (not using 1/3 of the tortillas).

**Have questions?** The dinner hotline is standing by from 5 to 8 pm at 773.916.6339.

**SCAN QR CODE  
to view  
YouTube  
cooking video**



INGREDIENTS: Tilapia, Tortilla, Cabbage, Jicama, Red Radish, Queso Fresco Cheese, Tomato, Onion, Cilantro, Pineapple, Lime, Sour Cream, Mayonnaise.

**meez** *meals*

### 1. **Mix the Taco Slaw**

Combine the **Taco Slaw** with half the **Pineapple Crema** in a large mixing bowl and mix well. Refrigerate until you're ready to serve.

### 2. **Prepare the Tilapia**

Mix 2 eggs in a small bowl. Pour ¼ cup flour on a plate, add a generous amount of salt and pepper and mix well. Pat the **Tilapia** dry with a paper towel. Dip the tilapia into the egg, covering both sides. Let the excess egg drip off, then press the tilapia into the flour, flip and repeat to coat both sides. Repeat for each piece of fish.

### 3. **Cook the Tilapia**

Heat 2 Tbsp olive oil in a large skillet over medium-high heat. When the oil is hot, shake any excess flour off the tilapia and cook until it is light brown on the bottom and the edges start to brown, about 3 to 4 minutes. Flip and cook until the other side browns, another 3 to 4 minutes. Remove the tilapia from the skillet and set aside to rest for 5 minutes. Wipe out the pan.

Once the tilapia has rested, cut each filet into 3 long strips.

### 4. **Warm the Tortillas**

While the tilapia is resting, return the now empty skillet to the stove over medium heat. When the pan is hot, heat the **Tortillas** until they are soft and warm, about 20 to 30 seconds per side.

### 5. **Put It All Together**

Fill each tortilla with a generous helping of the taco slaw and place the tilapia strips on top. Cover the fish with the **Salsa Fresca**, the rest of the Pineapple Crema, and sprinkle with the **Queso Fresco** (cheese). Enjoy!

Instructions for two servings.

**Meez Meals \* 1459 N. Elmwood Avenue \* Evanston \* Illinois**