



Cooking Made Easy



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Crunchy Mexican Tilapia with Roasties and Roasted Tomatoes

The wonderfully crazy molecular gastronomists of the world like Ferran Adria and Heston Blumenthal believe that food shouldn't just be experienced through the sense of taste. For them it's an all-immersive experience. At Heston's restaurant you even plug earphones into a shell to listen to the sound of the sea whilst you eat! It might not be for everyone but the easiest way to add another sensory dimension to dinner time is to add some texture. And nothing does it quite as well as a bit of crunchiness. Hence tonight's little number ;-)



40 min



level 2



seafood
first



spicy

Ingredients

	2P	4P
Tilapia Fillet 2	2	4
Mexican Spice	2 tsp	4 tsp
Panko Breadcrumbs 1	½ cup	1 cup
Potatoes, cubed	2	4
Lime	½	1
Cherry Tomatoes	¾ cup	1½ cups
Crème Fraîche 3	3 tbsp	6 tbsp
Coriander	½ bunch	1 bunch

⊕ May feature in another recipe

* Good to have at home

Allergens

1) Gluten | 2) Fish
3) Milk

Nutrition per serving

Calories: 473kcal,
Protein: 30g, Carbs: 64g,
Fat: 7g, Saturated Fat: 4g

Measuretool

0 cm 1 cm 2 cm
| | |



1 Pre-heat your oven to 200 degrees. Scrub your potatoes under water then chop into (roughly) 2cm cubes. Toss the potato chunks in 1 tbsp of olive oil and a pinch of salt and pepper. Cook on a tray on the top shelf of the oven for around 20-25 mins (or until crispy).



2 Chop the cherry tomatoes in half and sprinkle on a little salt and pepper. Place on the lowest shelf of the oven for around 15 mins or until shrivelled and sweet.



3 Mix the breadcrumbs with the zest of half the lime and a pinch of salt and pepper. Mix in the Mexican spice mix.

Tip *If you are sensitive to spice then go easy on the Mexican spices!*



4 Evenly coat each tilapia fillet in about half a tbsp of crème fraîche. Now press the tilapia into the breadcrumbs to evenly coat both fillets.

5 Place the tilapia on a baking tray. Move the potatoes to the middle shelf of the oven and place the tilapia on the top shelf for 9 minutes.

6 Once the tomatoes and potatoes are cooked toss them gently together.

7 Just before serving, toss a couple of tbsp of chopped coriander through the potato mix. Lay the fish on top and squeeze over a bit of fresh lime juice.