



Blackened Tilapia Burgers

30
minutes
or less

INGREDIENTS

4 (4- to 6-oz.) fresh Rainforest tilapia fillets
1 cup mango, peeled, finely chopped, and divided
½ cup fresh cilantro, divided
¼ cup Hy-Vee plain bread crumbs
3 green onions, finely chopped
1 tbsp salt-free blackened seasoning, plus 2 teaspoons, divided
1 tsp kosher salt, divided
½ tsp coarse-ground black pepper, divided
1 medium lemon
1 medium lime
¼ cup Hy-Vee sour cream
1 (14-oz.) pkg. 3-color coleslaw mix
1 jalapeño pepper, thinly sliced
1 tbsp Hy-Vee vegetable oil
4 Hy-Vee Bakery brioche buns, split and toasted
Butterhead lettuce leaves, for serving
English cucumber, thinly sliced, for serving

PREPARATION

- 1** Pat tilapia dry with paper towels; chop. Transfer chopped tilapia to a food processor; add ½ cup mango, ¼ cup cilantro, bread crumbs, green onions, 1 tablespoon blackened seasoning, ½ teaspoon salt, and ¼ teaspoon black pepper. Cover and pulse until coarsely chopped; chill 10 minutes.
- 2** Zest and juice lemon and lime in a large bowl. Stir in sour cream, 1 teaspoon blackened seasoning, remaining ½ teaspoon salt, and ¼ teaspoon pepper. Add coleslaw mix, remaining ½ cup mango, remaining ¼ cup cilantro, and sliced jalapeño; toss to coat. Set coleslaw mixture aside.
- 3** Divide fish mixture into 4 equal balls. Heat vegetable oil in a large nonstick skillet over medium-high heat. Place balls in skillet and press down with a spatula to flatten to 2 inches thick; sprinkle patties with remaining 1 teaspoon blackened seasoning. Cook 16 to 20 minutes or until patties are golden brown and reach 145°, turning halfway through.
- 4** To serve, top toasted bun bottoms with lettuce, fish burgers, cucumber slices, coleslaw mixture, and bun tops.

NUTRITION FACTS

Calories: 490
Total Fat: 15g
Saturated Fat: 5g
Trans Fat: 0g
Cholesterol: 95mg

Sodium: 950mg
Carbohydrates: 61g
Fiber: 6g
Sugar: 24g
Protein: 28g