



Low-Carb Blackened Salmon with Creole Sauce

& Cheddar Cauliflower Grits



30-40min



2 Servings

Your eyes don't deceive—"low-carb" and "grits" can deliciously cohabitate on the same plate. Cauliflower rice serves as a clever and healthier substitution, and when we add the hondashi, butter, and cheese, you can hardly tell the difference. Tender salmon filets rest atop the cheesy cauliflower grits before generously smothered in a rich Creole sauce of traditional mirepoix, tomato, and Cajun seasoning.

What we send

- 2 oz sautéed mirepoix
- 1 plum tomato
- 2 scallions
- 12 oz cauliflower rice
- ¼ oz hondashi ¹
- 2 oz shredded cheddar-jack blend ²
- ¼ oz Cajun seasoning
- 10 oz pkg salmon filets ¹

What you need

- milk or water
- unsalted butter ²
- kosher salt & ground pepper
- neutral oil
- all-purpose flour (or gluten-free alternative)

Tools

- small saucepan
- potato masher or fork
- medium nonstick skillet

Allergens

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

Nutrition per serving

Calories 760kcal, Fat 53g, Carbs 23g, Protein 43g



1. Prep ingredients

Cut **tomato** into ¼-inch pieces. Trim **scallions**; thinly slice, keeping dark greens separate.



2. Cook cauliflower grits

In a small saucepan, combine **cauliflower rice**, ¼ **teaspoon hondashi**, and ½ **cup milk or water**. Bring to a simmer then cook on medium-low heat, stirring occasionally, until cauliflower is completely tender, 10-12 minutes. Using a potato masher, mash cauliflower into a coarsely textured purée. Stir in **cheese** and 1 **tablespoon butter** until melted. Season with **salt** and **pepper**.



4. Begin sauce

Reduce skillet heat to medium; add 2 **tablespoons each of butter and flour**. Cook, stirring constantly, until flour is the color of milk chocolate. 3-5 minutes. Add **mirepoix**, **scallion whites**, and a **pinch of salt**. Cook, stirring occasionally, until softened and starting to brown, 4-5 minutes. Stir in **reserved Cajun seasoning** and cook until fragrant, about 30 seconds.



5. Simmer sauce

Add **tomatoes** to skillet; cook, stirring frequently, until starting to break down, 2-3 minutes. Add ¾ **cup water** and 1 **teaspoon remaining hondashi**. Bring to a boil, then simmer over medium-low heat until **sauce** is slightly thickened, about 5 minutes. Season sauce to taste with **salt** and **pepper**.



3. Blacken salmon

Cover **cauliflower grits**; keep warm, off heat, until ready to serve.

Meanwhile, set aside 1 **teaspoon Cajun spice** for step 4. Pat **fish** dry; season with **salt**, **pepper**, and **remaining Cajun seasoning**. Heat 1 **tablespoon oil** in a medium nonstick skillet over medium-high. Add **fish** skin-side down; cook until well crisp on bottom, 2-3 minutes. Transfer to a plate, skin side up.



6. Simmer fish; serve

Return **fish** to skillet, skin side-up; simmer until fish is just cooked and easily flakes, 2-3 minutes.

Divide **cauliflower grits** between plates; top with **fish**, **sauce**, and **scallion dark greens**. Enjoy!