



Make It Carb Conscious

Cajun Blackened Tilapia

 30-40min  2 Servings

| We made this recipe carb conscious by customizing with brown rice.

What we send

- 2 scallions
- 1 bell pepper
- 2 oz celery
- 1 lemon
- 1 oz cornichons ¹⁷
- 2 oz mayonnaise ^{3,6}
- 1 pkt Dijon mustard ¹⁷
- 10 oz pkg tilapia ⁴
- ¼ oz Cajun seasoning
- 5 oz quick-cooking brown rice

What you need

- olive oil
- kosher salt & ground pepper

Tools

- medium saucepan
- microplane or grater
- medium nonstick skillet

Allergens

Egg (3), Fish (4), Soy (6), Sulphites (17). May contain traces of other allergens. Packaged in a facility that packages gluten containing products.

Nutrition per serving

Calories 760kcal, Fat 41g, Carbs 62g, Protein 36g



1. Prep rice

Thinly slice **scallions**. Halve **peppers**, discard stems and seeds, then thinly slice. Cut **celery** into ¼-inch pieces.

Heat **1 tablespoon oil** in a medium saucepan over medium-high. Add **peppers, celery, all but 2 tablespoons of the scallions, and a pinch each of salt and pepper**. Cook, stirring, until softened but not browned, 3-5 minutes.



4. Prep fish

Rinse **tilapia**, then pat very dry. Season all over with **salt, pepper, and all of the Cajun seasoning** (or less, depending on heat preference).



2. Cook rice

Add **rice** to **aromatics** in saucepan; cook, stirring, until rice is toasted, about 1 minute. Stir in **1¼ cups water** and **1 teaspoon salt**. Bring to a boil. Cover and cook over low heat until rice is tender and water is absorbed, about 17 minutes. Keep covered until ready to serve.



5. Cook fish

Heat **1 tablespoon oil** in a medium nonstick skillet over medium-high. Add **fish** and cook until well browned and it flakes easily, 2-3 minutes per side.



3. Make remoulade

Finely grate **all of the lemon zest** and squeeze **1 teaspoon lemon juice** into a small bowl. Cut any remaining lemon into wedges. Finely chop **cornichons**.

To bowl with lemon zest and juice, stir in **the mayonnaise, Dijon mustard, and chopped cornichons**. Season to taste with **salt and pepper**.



6. Finish & serve

Fluff **rice** with a fork. Serve **fish** alongside **holy trinity rice** with **remoulade** spooned on top. Garnish with **remaining scallions** and serve **any lemon wedges** on the side for squeezing over top. Enjoy!

Questions about the recipe? Cooking hotline: **866-228-4513** (Mon - Fri 9AM-9PM)

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