



Lemon-Brown Butter Cod

with Capers & Cauliflower Rice



20-30min



2 Servings

Pan sauce is the perfect way to up the wow factor of a dish. Here, we add a squeeze of lemon juice and briny capers to brown butter—it cuts the richness and makes it the perfect sauce to coat cod fillets. The fish is served alongside cauliflower rice and roasted Brussels sprouts, two super tasty low-carb (and keto-friendly!) sides.

What we send

- 12 oz cauliflower rice
- ½ lb Brussels sprouts
- garlic
- 1 lemon
- 10 oz pkg cod filets ²
- ¼ oz berbere spice blend
- 1 oz capers

What you need

- kosher salt & ground pepper
- olive oil
- 4 Tbsp butter ¹

Tools

- grater or microplane
- large nonstick, ovenproof skillet
- medium skillet

Allergens

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

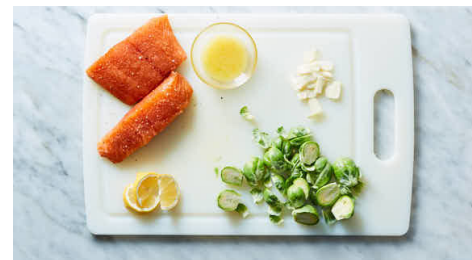
Nutrition per serving

Calories 610kcal, Fat 46g, Carbs 20g, Protein 34g



1. Prep cauliflower rice

Preheat oven to 450°F with a rack in the upper third. Transfer **cauliflower rice** to a medium bowl; pat dry.



2. Prep ingredients

Remove any outer leaves from **Brussels sprouts**, then halve or quarter, if large. Thinly slice **2 large garlic cloves**. Finely grate **all of the lemon zest** and squeeze **1 tablespoon lemon juice** into a small bowl. Cut any remaining lemon into wedges. Pat **cod** dry and season flesh side with **salt, pepper**, and **2 teaspoons berbere spice blend**.



4. Roast veggies & cod

Flip **cod**, then transfer skillet to upper oven rack. Roast cod and **Brussels sprouts** until Brussels sprouts are tender and well browned, and cod is cooked to medium, 5-7 minutes (or longer for desired doneness).



5. Cook cauliflower rice

Meanwhile, heat **1 tablespoon oil** in a medium skillet over high heat. Add **cauliflower rice** and cook, stirring, until crisp-tender, about 5 minutes. Season to taste with **salt** and **pepper**. Transfer to a bowl and cover to keep warm. Wipe out skillet.



3. Sear veggies & cod

Heat **1 tablespoon oil** in a large nonstick, ovenproof skillet over medium-high. Add **Brussels sprouts** and **a pinch each of salt and pepper**. Cook, stirring, until Brussels sprouts are lightly browned, 3 minutes. Push Brussels sprouts to one side of skillet. Add **1 tablespoon oil** and **cod** to other side. Cook cod until golden-brown on one side, 3 minutes.



6. Make sauce & serve

Melt **4 tablespoons butter** in same skillet. Add **sliced garlic** and **capers**; cook, stirring, until **butter** is lightly browned, about 1 minute. Off heat, stir in **lemon zest and juice**, and **1 tablespoon water**. Season to taste with **salt** and **pepper**. Serve **cod** and **Brussels sprouts** over **cauliflower rice** with **lemon brown butter** spooned over top. Enjoy!