

Low Carb: Blackened Tilapia with Creole

Sauce & Cheddar Cauliflower Grits



40-50min



2 Servings

What we send

- 10 oz pkg tilapia ⁴
- ¼ oz Cajun seasoning
- 12 oz cauliflower rice
- 2 oz shredded cheddar-jack blend ⁷
- 1 yellow onion
- 2 oz celery
- ¼ oz hondashi ⁴
- 1 plum tomato
- 2 scallions
- 1½ oz pkt Worcestershire sauce ⁴

What you need

- kosher salt & ground pepper
- neutral oil
- unsalted butter ⁷
- all-purpose flour ¹
- milk or water

Tools

- small saucepan
- medium nonstick skillet

Allergens

Wheat (1), Fish (4), Milk (7). May contain traces of other allergens. Packaged in a facility that packages gluten containing products.

Nutrition per serving

Calories 0kcal

1. Prep ingredients

Finely chop celery and half the onion (save remaining onion for personal use). Cut tomato into ¼-inch pieces. Trim scallions; thinly slice, keeping dark greens separate.

4. Begin sauce

Reduce skillet heat to medium; add 2 tablespoons each butter and flour. Cook, stirring constantly, until flour is the color of milk chocolate. 3-5 minutes. Add onion, celery, scallion whites, and a pinch of salt. Cook, stirring occasionally, until softened and starting to brown, 5-7 minutes. Stir in reserved Cajun seasoning; cook until fragrant, about 30 seconds.

2. Cook cauliflower grits

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

5. Simmer sauce

Add tomatoes to skillet; cook, stirring frequently, until starting to break down, 2-3 minutes. Add ¾ cup water, ½ tablespoon Worcestershire sauce, and 1 teaspoon hondashi. Bring to a boil then simmer over medium-low heat until sauce is lightly thickened, about 5 minutes. Season sauce to taste with salt and pepper.

3. Blacken fish

Cover cauliflower grits and keep warm until ready to serve.

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

6. Simmer fish; serve

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

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