



Cajun Blackened Tilapia

with Creole Sauce & Cheesy Grits

 30-40min  2 Servings

Blackened fish is one of Louisiana's best-known dishes. Here, we use tilapia, a mild white fish, coated in a warm Cajun seasoning blend which "blackens" as it cooks, creating a toasted-spice exterior rich with complexity. We pair this Cajun classic with creamy cheese grits and an aromatic Creole-style tomato sauce made with tomatoes and the holy trinity of Cajun cuisine—peppers, celery, and onions.

What we send

- 2 scallions
- 1 green bell pepper
- 1 small bag celery
- 10 oz pkg tilapia ¹
- 2 (¼ oz) Cajun seasoning
- 3 oz grits
- 8 oz tomato sauce
- 1 pkt seafood broth concentrate ^{1,3}
- 1½ oz pkt Worcestershire sauce ¹
- 2 oz shredded cheddar-jack blend ²

What you need

- kosher salt & ground pepper
- neutral oil
- unsalted butter ²
- all-purpose flour (or gluten-free alternative)
- white wine vinegar (or red wine vinegar)
- sugar

Tools

- small saucepan
- medium nonstick skillet

Allergens

Fish (1), Milk (2), Shellfish (3). May contain traces of other allergens. Packaged in a facility that packages gluten containing products.

Nutrition per serving

Calories 710kcal, Fat 37g, Carbs 60g, Protein 43g



1. Prep ingredients

Bring **2 cups water** and a **pinch of salt** to a boil in a small saucepan. Trim **scallions**; thinly slice, keeping dark greens separate. Halve **pepper**, discard stems and seeds, and finely chop half (save rest for own use). Trim **celery**, then finely chop. Pat **fish** dry; season all over with **salt, pepper**, and **1 tablespoon Cajun seasoning** (or more, depending on heat preference).



4. Begin sauce

Reduce skillet heat to medium; add **1 tablespoon each of butter and flour**. Cook, stirring constantly, until flour is light brown, 3-5 minutes. Add **scallion whites and light greens, peppers, celery**, and a **pinch of salt**. Cook, stirring occasionally, until softened and starting to brown, 5-6 minutes. Stir in **1 teaspoon Cajun seasoning**; cook until fragrant, about 30 seconds.



2. Cook grits

To saucepan with **boiling water**, stir in **grits**. Reduce heat to low and cook, stirring occasionally to prevent sticking, until grits are tender, about 7 minutes. Remove from heat and keep covered until ready to serve.



5. Simmer sauce & fish

Add **tomato sauce, broth concentrate, 1 tablespoon Worcestershire sauce, 1 teaspoon vinegar, ½ teaspoon sugar**, and **½ cup water**. Bring to a boil. Simmer over medium heat until slightly thickened, about 5 minutes. Season sauce to taste with **salt** and **pepper**. Return **fish** to skillet, browned side up; simmer until fish is just cooked and easily flakes, 1-2 minutes.



3. Blacken fish

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. Finish & serve

Whisk **shredded cheddar-jack cheese, 2 tablespoons butter**, and **1 teaspoon Worcestershire sauce** into **grits** until smooth; season to taste with **salt** and **pepper** (loosen with water if grits are too thick). Spoon **grits** into bowls and top with **fish** and **sauce**. Sprinkle with **scallion dark greens**. Enjoy!