



## Low-Carb Blackened Tilapia 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 tilapia 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 <sup>1</sup>
- 2 oz shredded cheddar-jack blend <sup>2</sup>
- ¼ oz Cajun seasoning
- 10 oz pkg tilapia <sup>1</sup>

## What you need

- milk or water
- unsalted butter <sup>2</sup>
- 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 600kcal, Fat 36g, Carbs 23g, Protein 42g



### 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**.



### 3. Blacken fish

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 all over with **salt**, **pepper**, and **remaining Cajun seasoning**. Heat **1 tablespoon oil** in a medium nonstick skillet over medium-high. Add **fish**; cook until well browned on bottom, 2-3 minutes. Transfer to a plate, browned side up.



### 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**.



### 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**, **sauce**, and **scallion dark greens**. Enjoy!