



## Keto Lemon-Butter Tilapia & Cauliflower Rice

with Tarragon Vegetable Medley



30min



2 Servings

We make preparing a keto-friendly dinner easy, thanks to pre-riced cauliflower! We turn this veggie into a side for seared tilapia fillets. The trick to maximizing the flavor is broiling the cauliflower rice—it brings out a nutty, caramelized flavor. Quickly sautéed snap peas tossed with crisp radishes add a delightful textural contrast to the flaky fish and rice, and a fresh tarragon dressing ties it all together.

## What we send

- garlic
- ¼ oz fresh tarragon
- 1 lemon
- 2 oz red radishes
- 4 oz snap peas
- 12 oz cauliflower rice
- 1 pkt Dijon mustard <sup>17</sup>
- 10 oz tilapia <sup>4</sup>

## What you need

- olive oil
- kosher salt & ground pepper
- sugar
- butter <sup>7</sup>

## Tools

- microplane or grater
- rimmed baking sheet
- large nonstick skillet

## Allergens

Fish (4), Milk (7), Sulphites (17). May contain traces of other allergens. Packaged in a facility that packages gluten containing products.

## Nutrition per serving

Calories 640kcal, Fat 50g, Carbs 17g, Proteins 34g



### 1. Prep ingredients

Finely chop **1 teaspoon garlic**. Pick and finely chop **2 teaspoons tarragon leaves**; discard stems. Finely grate **all of the lemon zest**, then squeeze **2 tablespoons lemon juice** into a small bowl, keeping them separate. Cut any remaining lemon into wedges. Thinly slice **radishes**. Trim **snap peas**.



### 4. Cook snap peas

While **cauliflower** broils, heat **1 teaspoon oil** in a large nonstick skillet over medium-high. Add **snap peas** and season with **salt** and **pepper**. Cook, stirring occasionally, until browned in spots and crisp-tender, 2-4 minutes. Transfer to a bowl and cover to keep warm until ready to serve.



### 2. Broil cauliflower rice

Preheat broiler with a rack in the upper third. On a rimmed baking sheet, toss **cauliflower rice** with **2 tablespoons oil** and **a pinch each of salt and pepper**. Spread out in an even layer. Broil on top oven rack until lightly browned and tender, stirring halfway through, about 10 minutes (watch closely as broilers vary).



### 5. Cook fish

Pat **tilapia** dry and season all over with **salt** and **pepper**. Heat **1 tablespoon oil** in same skillet over medium-high. Add fish and cook until browned, 2-3 minutes per side. Transfer fish to plates. Reduce skillet heat to low. Add **chopped garlic** and **lemon zest** to skillet. Cook, stirring, until fragrant, about 10 seconds. Add **2 tablespoons water**; bring to simmer.



### 3. Make tarragon vinaigrette

To small bowl with **lemon juice**, whisk to combine **Dijon**, **chopped tarragon**, **a pinch of sugar**, and **2 tablespoons oil**. Season to taste with **salt** and **pepper**.



### 6. Finish sauce & serve

Stir **2 tablespoons butter** into skillet with **sauce** until melted. Remove from heat. Season to taste with **salt** and **pepper**. Serve **fish** with **garlic-lemon pan sauce** on top alongside **cauliflower rice**, **snap peas**, and **radishes**. Drizzle **tarragon vinaigrette** over top of **veggies**. Enjoy!