



NUTRITION *per serving* 30g carbohydrates 17g fat 40g protein 1604mg sodium | low-calorie, low-carb, gluten-free, dairy-free, shellfish-free, nut-free



Calories
395



Prep & Cook Time
35-45 min.



Cook Within
3 days



Difficulty
Easy



Spice Level
Mild



HOME CHEF

STAFF PICK

Cajun Spiced Tilapia with Remoulade

with cauliflower “jambalaya”

IN YOUR BOX

- 1 Cauliflower Head
- 1 Resealable Gallon-Size Plastic Bag
- 1 Celery Stalk
- 2 Green Onions
- 1 Lemon
- 2 Tilapia Fillets
- 3 Tbsp. Cajun Seasoning
- 5 ½ fl. oz. Tomato Juice
- 1 ½ oz. Thousand Island Dressing
- ½ oz. Capers

IN YOUR KITCHEN

- Olive Oil
- Salt
- Pepper
- Medium Pot
- Large Non-Stick Pan
- Small Bowl

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BEFORE YOU COOK

- Take a minute to read through the recipe before you start—we promise it will be time well spent!
- Thoroughly rinse produce and pat dry

WHILE YOU COOK

- Salt refers to **kosher salt** in this recipe—it has bigger grains and is easier to pinch than table salt, allowing more control over flavor. If using regular table salt, reduce measured amounts by half.
- Heads Up! **Cajun seasoning** is used twice. Half flavors **tilapia** and remaining seasons “jambalaya.”
- Spice Alert! **Cajun seasoning** has a little kick to it, so use to taste when cooking **cauliflower**.
- Heads Up! **Green onions** are used three times. **White portions** are used in “jambalaya” and **green portions** go in remoulade, with a pinch reserved for garnish.

FROM THE CHEF

Tilapia can be delicate, so turn gently with a spatula for best results. If fish breaks, no problem — it will still taste great.

Did you know...

Jambalaya, a rice dish similar to Spanish paella, is closely tied to New Orleans and Cajun cuisine. It was probably adapted by European settlers in the New World trying to capture a taste of home with locally available ingredients.



1

Prepare the Ingredients

Remove leaves from **cauliflower head**, core, and cut into bite-sized florets. Place cauliflower in provided **resealable bag** and pound with a medium pot until it resembles coarse pieces. *Don't worry if some larger stem pieces remain.* Trim ends off **celery** and cut into ¼” dice. Trim and thinly slice **green onions** on an angle, keeping white and green portions separate. Zest and halve **lemon**. Cut one half into two wedges and juice other half. Rinse **tilapia fillets**, pat dry, and season both sides with **half the Cajun seasoning** (reserve remaining for cauliflower).



4

Cook the Tilapia

Place a large non-stick pan over medium-high heat. *Alternatively, cook in two batches using a medium non-stick pan.* Add 2 tsp. **olive oil** and **tilapia fillets** to hot pan and cook 3-5 minutes per side, or until browned and fish reaches a minimum internal temperature of 145 degrees.



2

Begin the “Jambalaya”

Place medium pot over medium heat. Add 2 tsp. **olive oil**, **celery**, and **white portions of green onions** to hot pot and cook 4-6 minutes, stirring occasionally, or until vegetables are tender and slightly browned.



5

Make the Remoulade

Combine **Thousand Island dressing**, 2 tsp. **lemon juice**, 1 tsp. **lemon zest**, **green portions of green onions** (reserve a pinch for garnish), and **capers** in a small bowl.



3

Continue the “Jambalaya”

Add **cauliflower**, **half the remaining Cajun seasoning**, and **tomato juice** to pot and cook 14-16 minutes, stirring occasionally, or until cauliflower is tender and tomato juice has reduced to a sauce that clings to vegetables. Taste, and add remaining Cajun seasoning and a pinch of **salt and pepper** if desired. *Cajun seasoning already contains salt and pepper.* While “jambalaya” cooks, begin tilapia.



6

Plate the Dish

Place a serving of **cauliflower “jambalaya”** on a plate. Place a **tilapia filet** next to jambalaya and spoon **remoulade** over fish. Garnish with reserved **green onions** and a **lemon wedge**.