



In your box

- 2 Green Onions
- 2 Garlic Cloves
- 1 Tbsp. Cajun Seasoning
- 1 Red Bell Pepper
- 2 Celery Stalks
- ½ cup Jasmine Rice
- 1 Tbsp. Tomato Paste
- 1 ½ oz. Mayonnaise
- .95 oz. Pickle Relish
- 2 Tilapia Fillets

CONTAINS eggs, fish (tilapia)



Cajun Tilapia with Jambalaya Pilaf and green onion remoulade

NUTRITION per serving—Calories: 617, Carbohydrates: 56g, Fat: 27g, Protein: 37g, Sodium: 1445mg.
Processed in a facility that also processes peanut, tree nut, wheat, egg, soy, milk, fish, and shellfish ingredients

Prep & Cook Time
35-45 min.

Cook Within
3 days

Difficulty Level 
Easy

Spice Level 
Medium

🕒 You will need

Olive Oil, Salt, Pepper

Medium Pot, Mixing Bowl, Large Non-Stick Pan

👑 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
- ☐ Ingredient(s) used more than once: **green onions, garlic, Cajun seasoning**



1

Prepare the Ingredients

- Stem, seed, and cut **red bell pepper** into ½” dice.
- Trim ends off **celery** and cut into ¼” dice.
- Trim and thinly slice **green onions**, keeping white and green portions separate.
- Mince **garlic**.



2

Start the Jambalaya

- Before starting jambalaya, take a small taste of the **Cajun seasoning**. If spice-averse, use less than instructed amount.
- Place a medium pot over medium-high heat.
- Add 1 tsp. **olive oil**, **red bell pepper**, **celery**, **white portions of green onions**, and half the **garlic** (reserve remaining for remoulade) to hot pot. Cook until vegetables soften, 2-3 minutes.
- Add **rice**, half the **Cajun seasoning** (reserve remaining for tilapia), ¼ tsp. **salt**, and a pinch of **pepper**. Stir occasionally until rice is slightly toasted, 1 minute.



3

Finish the Jambalaya

- Stir **tomato paste** into pot with **rice** until combined.
- Add ¼ cup **water** and bring to boil. Reduce to a simmer, cover, and cook until rice is tender, 18-22 minutes.
- While rice cooks, make remoulade.



4

Make the Remoulade

- Combine **mayonnaise**, **pickle relish**, remaining **garlic**, half the **green portions of green onions** (reserve remaining for garnish), and a pinch of **salt** and **pepper** in a mixing bowl.
- Set aside.



5

Cook the Fish

- Pat **tilapia fillets** dry, and cut each lengthwise into two fillets. Season both sides with remaining **Cajun seasoning** and ¼ tsp. **salt**.
- Place a large non-stick pan over medium-high heat. Add 2 tsp. **olive oil** and tilapia to hot pan and cook until tilapia reaches a minimum internal temperature of 145 degrees, 4-6 minutes per side.
- *Cajun seasoning may char. Don't worry! It's supposed to.*
- Remove pan from burner.
- Plate dish as pictured on front of card, topping tilapia with **remoulade** and garnishing with remaining **green onions**. Bon appétit!