



**GREEN
CHEF**

SMOKY TILAPIA WITH RÉMOULADE

cheesy cauliflower "grits," cabbage apple slaw

COOK TIME

20 MIN

SERVINGS

2

CALORIES PER SERVING

750

NET CARBS PER SERVING

16 GRAMS

MENU

KETO // GLUTEN-FREE

Tonight's seafood dinner gets a creamy kick from *rémoulade*, a French mayo-based sauce (our version adds briny capers to the mix). Here, the sauce is drizzled over smoky pan-seared tilapia. It's paired with cheesy cauliflower "grits"—made wonderfully rich by stirring in sharp cheddar and cream cheese—and a crisp cabbage apple slaw for a savory-sweet complement.

INGREDIENTS (10 ITEMS)

3½ oz & 1¼ oz **Cabbage & carrots**
1 whole **Granny Smith apple**
1 whole **Scallion**
1¼ oz **Lemon-caper rémoulade** ^E
6½ oz **Cauliflower "rice"**
1 oz **Sharp cheddar cheese** ^M
1 oz **Cream cheese** ^M
2½ tbsp **Almond flour** ^T
2 (5 oz) **Tilapia fillets*** ^F
1¼ tsp **Smoky applewood spice blend**

WHAT YOU'LL NEED

medium sauté pan
large nonstick pan
medium bowl
measuring cup & spoons
thermometer
cooking & olive oils
salt & pepper

ALLERGENS

^E EGGS
^M MILK
^T TREE NUTS (almonds)
^F FISH (tilapia)



If you ordered the 4-serving version of this meal, refer to the guidelines in Step 1.



Certified gluten-free by the Gluten Intolerance Group's Gluten-Free Safe Spot Program.

GREEN CHEF IS PROUD to be a USDA Certified Organic company. All produce and eggs are organic unless otherwise labeled.

*Tilapia is fully cooked when internal temperature reaches 145°.

Wash and dry fresh produce. Wash hands and surfaces after handling raw fish. Consuming raw or undercooked fish may increase your risk of foodborne illness. Go to [greenchef.com/faq](https://www.greenchef.com/faq) for safe cooking guidelines and to learn more about food allergens. Questions? Contact us at (888) 236-7295.

1 PREP

- Roughly chop **cabbage*** and **carrots** if necessary.
- Stand **Granny Smith apple** upright and cut off sides around core; discard core. Slice **apple** lengthwise into planks, about ¼ inch thick. Cut planks lengthwise into matchsticks, about ¼ inch thick.
- Trim and thinly slice **scallion**.

**The ingredient you received may be a different color.*

4 COOKING FOR

If you ordered the 4-serving version of this meal, modify this recipe by doubling the measurements (where it makes sense) and using bigger pots, pans, and bowls.

2 MAKE SLAW

- Place **cabbage and carrots**, **apple**, and **scallion** in a medium bowl. Add about 1 tablespoon **lemon-caper rémoulade** and about 2 tablespoons olive oil. Toss to combine. Season with salt and pepper to taste.

3 START CAULIFLOWER

- Heat about 1½ tablespoons cooking oil in a medium sauté pan over medium heat. Add **cauliflower “rice”** to hot pan. Season with about ¼ teaspoon salt and a pinch of pepper. Cook 2–3 minutes, stirring occasionally.
- Add about ½ cup water. Cook 3–4 minutes, or until cauliflower is tender and liquid has cooked off, stirring occasionally. Remove from heat.

4 FINISH CAULIFLOWER

- Add **sharp cheddar cheese**, **cream cheese**, and **almond flour** to pan. Stir until cheese melts and cream cheese is incorporated. Season with salt and pepper to taste.*
- *Taste the cauliflower after seasoning and adjust as needed. Adding salt and pepper throughout the cooking process is key to a delicious dish.*

5 SEASON & COOK FISH

- Pat **tilapia fillets** dry with paper towels. Season with **smoky applewood spice blend***.
- Heat about 1½ tablespoons cooking oil in a large nonstick pan over medium heat. Once pan is hot, add **tilapia**. Cook 2–3 minutes on each side, or until fully cooked.

**The spice blend already contains salt and pepper; season accordingly.*

6 PLATE YOUR DISH

- Divide **smoky tilapia** between plates. Drizzle with remaining **rémoulade**. Serve **cheesy cauliflower “grits”** and **cabbage apple slaw** on the side. Enjoy!



Nutrition Facts

2 Servings per container

Serving size (465g)

Amount per serving

Calories 750

	% Daily Value*
Total Fat 58g	74%
Saturated Fat 10g	50%
Trans Fat 0g	
Cholesterol 95mg	32%
Sodium 1000mg	43%
Total Carbohydrate 23g	8%
Dietary Fiber 7g	25%
Total Sugars 12g	
Includes 0g Added Sugars	0%
Protein 37g	
Vitamin D 0mcg	0%
Calcium 231mg	20%
Iron 2mg	10%
Potassium 658mg	15%

* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

All ingredients in this recipe:

Tilapia [tilapia], **Smoky Applewood Spice Blend** (Sweet Paprika, Applewood-Smoked Sea Salt, Granulated Garlic, Dried Mustard, Smoked Paprika, Black Pepper, Dried Thyme), **Green Cabbage, Red Cabbage, Carrots, Scallions, Lemon-Caper Rémoulade** (Avocado Oil Mayonnaise [avocado oil, organic eggs, organic egg yolks, organic vinegar, sea salt, organic rosemary extract], Capers [capers, water, vinegar, salt], Lemon Juice [lemon], Sweet Paprika, Black Pepper, Dijon Mustard [water, organic mustard seeds, organic vinegar, salt, organic turmeric, organic spices]), **Granny Smith Apple, Cauliflower, Cream Cheese** [cultured pasteurized skim milk and cream, whey protein, milk proteins, less than 2% salt, inulin (natural dietary fiber), natural acids, xanthan, locust bean and guar gums, potassium sorbate (maintains freshness)], **Almond Flour** [organic almonds], **Sharp Cheddar Cheese** [part-skim milk, cheese cultures, salt, enzymes, annatto, anti caking agent (potato starch powdered cellulose, natamycin)]

Allergen information:

Contains Milk, Tree Nuts, Egg And Fish

Allergens may be reflected in pantry items listed in the “What You’ll Need” section of the recipe card.

Manufactured on equipment that processes products containing egg, fish/shellfish, milk, sesame, soy, peanuts, and tree nuts.

