



**GREEN  
CHEF**

## ALMOND-CRUSTED BARRAMUNDI

*kale & sweet potato salad, hard-boiled eggs*

### COOK TIME

35 MIN

### SERVINGS

2

### CALORIES PER SERVING

830

### NET CARBS PER SERVING

26 GRAMS

### MENU

PALEO // GLUTEN-FREE // MEDITERRANEAN

The almond crust in tonight's seafood dinner gets perfectly toasty and golden brown in the oven, bringing a rich, nutty crunch to buttery barramundi. Roasted to a flaky finish, the herb-seasoned fillets are served over a leafy kale salad with roasted sweet potatoes and savory sun-dried tomatoes for an earthy complement. Hard-boiled eggs add a hearty protein boost to the nourishing meal.

### INGREDIENTS (8 ITEMS)

10¼ oz **Sweet potatoes**  
¾ tsp **Italian herb & red pepper blend**  
2 medium **Eggs** <sup>E</sup>  
2¾ oz **Green kale**  
3 oz **Dairy-free Caesar dressing** <sup>F T</sup>  
½ oz **Sun-dried tomatoes**  
½ oz **Sliced almonds** <sup>T</sup>  
2 (5 oz) **Barramundi fillets\*** <sup>F</sup>

### WHAT YOU'LL NEED

small pot with lid  
medium oven-safe sauté pan  
baking sheet  
mixing bowls  
measuring spoons  
thermometer  
oven mitt  
cooking oil  
salt & pepper

### ALLERGENS

<sup>E</sup> EGGS  
<sup>F</sup> FISH (anchovies, barramundi)  
<sup>T</sup> TREE NUTS (almonds)



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.

\*Barramundi is fully cooked when internal temperature reaches 145 degrees.

Wash and dry fresh produce. Wash hands and surfaces after handling raw fish and eggs. Consuming raw or undercooked fish or eggs 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 SEASON & ROAST SWEET POTATOES

- Preheat oven to 400 degrees.
- Place **sweet potatoes** in a large bowl. Drizzle with 1½ tablespoons cooking oil. Season with about half the **Italian herb and red pepper blend**, ¼ teaspoon salt, and a pinch of pepper. Stir to coat.
- Spread **sweet potatoes** out in a single layer on a lightly oiled, foil-lined baking sheet. (Reserve bowl.) Roast 26–28 minutes, or until fork-tender, stirring halfway through.

COOKING FOR  
4

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 BOIL EGGS

- Bring a small pot of water to a boil. Carefully lower **eggs** into boiling water with a spoon. Reduce heat to low and cover pot with lid. Simmer 11 minutes.
- Drain water from pot. Cover **eggs** with about 2 inches cold water. Soak 5–10 minutes to cool.
- Peel **eggs**. Rinse with water to remove shell fragments. Quarter **eggs** lengthwise.

## 3 PREP

- Remove and discard any thick center stems\* from **green kale\*\***. Roughly chop leaves into bite-size pieces. Place **kale** in bowl used for sweet potatoes. Drizzle with about 1 tablespoon **dairy-free Caesar dressing**. Lightly season with salt. Massage until leaves soften.
- Place **sun-dried tomatoes** in a small bowl. Cover with water. Let soak at least 5 minutes, or until softened. Once softened, roughly chop **tomatoes** (discard soaking liquid).
- Roughly chop **sliced almonds**.

*\*To quickly prep, hold the stem end with one hand; pinch and strip the leaves down and away with your other hand (like pulling a zipper!).*

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

## 4 SEASON BARRAMUNDI

- Pat **barramundi fillets** dry with paper towels. Place on a plate. Season with salt, pepper, and remaining **Italian herb and red pepper blend**. Drizzle with 1½ tablespoons cooking oil. Rub to coat.

## 5 COOK BARRAMUNDI

- Heat 1½ tablespoons cooking oil in a medium oven-safe sauté pan over medium-high heat. Add **barramundi**, skin sides up, to hot pan. Cook 3–4 minutes on one side.
- Remove from heat. Flip **barramundi**. Spread about ½ tablespoon **Caesar dressing** over each fillet. Sprinkle about one-quarter of the **almonds** over each fillet.
- Transfer pan to oven. Roast 6–8 minutes, or until fully cooked.\*

*\*To keep your hands safe, slide a silicone cover (or pot holder) over the handle of the hot pan once it comes out of the oven.*

## 6 MAKE SALAD

- Transfer **sweet potatoes** to bowl with **kale**. Add **tomatoes**. Drizzle with remaining **Caesar dressing** to taste. Toss to combine. Season with salt and pepper to taste.

## 7 PLATE YOUR DISH

- Divide **kale and sweet potato salad** between plates. Top with **almond-crusted barramundi**. Serve with **hard-boiled eggs** and garnish with remaining **almonds**. Enjoy!



## Nutrition Facts

2 Servings per container

**Serving size** (424g)

**Amount per serving**

**Calories** 830

	% Daily Value*
<b>Total Fat</b> 63g	81%
Saturated Fat 11g	55%
Trans Fat 0g	
<b>Cholesterol</b> 320mg	107%
<b>Sodium</b> 810mg	35%
<b>Total Carbohydrate</b> 33g	12%
Dietary Fiber 7g	25%
Total Sugars 7g	
Includes 0g Added Sugars	0%
<b>Protein</b> 41g	
Vitamin D 12mcg	60%
Calcium 160mg	10%
Iron 4mg	20%
Potassium 1395mg	30%

\* 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:

**Barramundi** [barramundi], **Almonds** [almonds], **Italian Herb & Red Pepper Blend** (Granulated Garlic, Italian Seasoning [basil, rosemary, marjoram, oregano, thyme], Dried Parsley, Crushed Red Pepper Flakes, Onion Powder), **Sun-Dried Tomatoes** [organic dried tomatoes], **Dairy-Free Caesar Dressing** (Nutritional Yeast [dried yeast, niacin, pyridoxine hydrochloride (B6), riboflavin (B2), thiamin hydrochloride (B1), folic acid, vitamin B12], Fish Sauce [anchovy, sea salt], Lemon Juice [lemon], Garlic, Almond Milk [organic almond base (filtered water, organic almonds), organic rice starch, sea salt, organic vanilla, natural flavor, carrageenan, riboflavin (b2), vitamin A palmitate, vitamin D2], Olive Oil [olive oil], Sea Salt, Black Pepper, Dijon Mustard [water, organic mustard seeds, organic vinegar, salt, organic turmeric, organic spices]), **Sweet Potatoes**, **Egg**, **Green Kale**

### Allergen information:

Contains Egg, Tree Nuts 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.*