



SESAME-GINGER GLAZED BARRAMUNDI

coconut cauliflower "rice," slaw, cilantro

COOK TIME 20 MIN	SERVINGS 2	CALORIES PER SERVING 650	NET CARBS PER SERVING 15 GRAMS	MENU KETO // PALEO // GLUTEN-FREE
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Coconut amino sauce is a keto-friendly alternative to soy sauce, with all the flavor and none of the soy or gluten! In tonight's savory dish, we've drizzled our sesame-ginger amino sauce over tender barramundi fillets to form an irresistible, umami-rich glaze. The fish is served with cauliflower "rice" studded with shredded coconut for subtly sweet and nutty notes.

INGREDIENTS (6 ITEMS)

- 3½ oz & 1¼ oz **Cabbage & carrots**
- ¼ oz **Cilantro**
- 4 oz **Sesame-ginger amino sauce** T
- 2 (5 oz) **Barramundi fillets*** F
- 6½ oz **Cauliflower "rice"**
- ¼ oz **Shredded coconut** T

WHAT YOU'LL NEED

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

ALLERGENS

- T TREE NUTS (coconut)
- F FISH (barramundi)



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 and it easily flakes with a fork.

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 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.
- De-stem **cilantro**; roughly chop leaves.

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

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 **MAKE SLAW**

- Place **cabbage and carrots** in a medium bowl. Drizzle with about 1 tablespoon of the **sesame-ginger amino sauce** and 1 tablespoon olive oil. Toss to combine. Season with salt and pepper to taste.

3 **SEASON & SEAR FISH**

- Pat **barramundi fillets** dry with paper towels. Season with salt and pepper.
- Heat 1½ tablespoons cooking oil in a medium nonstick pan over medium-high heat. Add **barramundi**, skin sides up, to hot pan. Sear 3-4 minutes on each side.

4 **FINISH FISH**

- Reduce heat under pan to medium. Drizzle about half of the remaining **amino sauce** over flesh sides of **barramundi**. Simmer 5-6 minutes, or until barramundi is fully cooked and sauce has reduced to a glaze-like consistency, stirring **sauce** occasionally.

5 **COOK CAULIFLOWER "RICE"**

- Heat 1½ tablespoons cooking oil in a medium sauté pan over medium-high heat. Add **cauliflower "rice"** to hot pan. Season with ¼ teaspoon salt. Cook 4-5 minutes, or until tender, stirring occasionally.
- Remove from heat. Add **shredded coconut** and about half of the **cilantro**. Stir to combine.

6 **PLATE YOUR DISH**

- Divide **coconut cauliflower "rice"** between plates. Top with **sesame-ginger glazed barramundi**. Drizzle with remaining **amino sauce**. Pile **slaw** on the side. Garnish with remaining **cilantro**. Enjoy!



Nutrition Facts

2 Servings per container

Serving size (405g)

Amount per serving

Calories **650**

	% Daily Value*
Total Fat 50g	64%
Saturated Fat 11g	55%
Trans Fat 0g	
Cholesterol 75mg	25%
Sodium 900mg	39%
Total Carbohydrate 20g	7%
Dietary Fiber 5g	18%
Total Sugars 7g	
Includes 0g Added Sugars	0%
Protein 31g	
Vitamin D 13mg	70%
Calcium 71mg	6%
Iron 1mg	6%
Potassium 1160mg	25%

* 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], **Sesame-Ginger Amino Sauce** (Garlic, Coconut Aminos [organic coconut nectar, organic pure coconut blossom sap, natural unrefined sea salt], Apple Cider Vinegar [apple cider vinegar], Puréed Ginger [ginger], Crushed Red Pepper Flakes, Coconut Nectar [coconut tree sap], Lemon Juice [lemon], Sesame Oil [refined sesame oil], Toasted Sesame Oil [toasted sesame oil]), **Green Cabbage, Red Cabbage, Carrots, Cauliflower, Shredded Coconut** [coconuts], **Cilantro**

Allergen information:

Contains 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.