



# BARRAMUNDI WITH CHIPOTLE LIME AÏOLI

*kale salad with mangos, cabbage & carrots, almonds*

<b>COOK TIME</b> 20 MIN	<b>SERVINGS</b> 2	<b>CALORIES PER SERVING</b> 690	<b>NET CARBS PER SERVING</b> 18 GRAMS	<b>MENU</b> KETO // PALEO // GLUTEN-FREE
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This Cuban-inspired supper is a breeze to prepare, and it's ready to eat in just 20 minutes! Barramundi fillets are seasoned with a savory spice blend (featuring coriander, cilantro, and dried orange peel), then seared until flaky. A drizzle of our zesty chipotle aioli adds creamy heat to the fish, while a kale, cabbage, and carrot salad—tossed with mangos for bursts of sweetness—rounds out the meal.

### INGREDIENTS (9 ITEMS)

- 3½ oz **Mangos**
- 1 whole **Scallion**
- 3½ oz **Lacinato kale**
- 1¾ oz **Cumin-oregano lime vinaigrette**
- 2 oz **Cabbage & carrots**
- 2 (5 oz) **Barramundi fillets\*** F
- 1 tsp **Cuban spice blend**
- 1½ oz **Chipotle aioli with lime** E
- ½ oz **Sliced almonds** T


### WHAT YOU'LL NEED

- medium nonstick pan
- large bowl
- measuring spoons
- thermometer
- cooking oil
- salt & pepper

### ALLERGENS

- F FISH (barramundi)
- E EGGS
- T TREE NUTS (almonds)

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

**Validated**  
 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](http://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 **mangos** (discard any excess juice).
- Thinly slice **scallion**; discard root end.

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 MASSAGE KALE

- Remove and discard any thick center stems from **lacinato kale**. Roughly chop leaves into bite-size pieces.
- Place **kale** in a large bowl. Drizzle with about half of the **cumin-oregano lime vinaigrette**. Lightly season with salt. Massage until leaves soften.

## 3 MAKE SALAD

- Add **cabbage\*** and **carrots, mangos, and scallion** to bowl with **kale**. Drizzle with remaining **vinaigrette** to taste. Toss to combine. Season with salt and pepper to taste.

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

## 4 SEASON &amp; COOK BARRAMUNDI

- Pat **barramundi fillets** dry with paper towels. Season with **Cuban spice blend**, salt, and pepper. Drizzle with about 1 tablespoon cooking oil. Rub to coat.
- Heat about 1½ tablespoons cooking oil in a medium nonstick pan over medium-high heat. Add **barramundi**, skin sides up, to hot pan. Sear 3–6 minutes on each side, or until fully cooked.

## 5 PLATE YOUR DISH

- Divide **Cuban-spiced barramundi** between plates. Drizzle with **chipotle aioli with lime** to taste. Serve **kale salad with mangos** on the side. Garnish with **sliced almonds**. Enjoy!





## Nutrition Facts

2 Servings per container

**Serving size** (359g)

Amount per serving

**Calories** **690**

	% Daily Value*
<b>Total Fat</b> 54g	69%
Saturated Fat 8g	40%
Trans Fat 0g	
<b>Cholesterol</b> 95mg	32%
<b>Sodium</b> 630mg	27%
<b>Total Carbohydrate</b> 23g	8%
Dietary Fiber 5g	18%
Total Sugars 14g	
Includes 3g Added Sugars	6%
<b>Protein</b> 32g	
Vitamin D 12mcg	60%
Calcium 128mg	10%
Iron 2mg	10%
Potassium 1027mg	20%

\* 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], **Chipotle-Lime Aioli** (Avocado Oil Mayonnaise [avocado oil, organic certified humane free range egg yolks, water, distilled vinegar, salt, lime juice concentrate, citric acid, lime oil], Lime Juice [lime], Agave [organic agave syrup], Ground Chipotle Pepper, Ancho Chili Powder, Sea Salt), **Red Cabbage**, **Cuban Spice Blend** [dehydrated vegetables (garlic, onion, green bell pepper, tomato), spices (cumin, black pepper, oregano, coriander), salt, paprika (color), cilantro, and orange peel], **Carrots**, **Mangos** [mango], **Seasoned Lime Vinaigrette** (Lime Juice [lime], Ground Cumin, Dried Oregano, Sea Salt, Black Pepper, Olive Oil [olive oil], Agave [organic agave syrup]), **Scallions**, **Almonds** [almonds], **Lacinato Kale**

### Allergen information:

Contains 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.*