



TILAPIA WITH SPICY SCALLION AÏOLI

Roasted sweet potatoes, broccoli, bell pepper & ginger, cashews

COOK TIME 30 MIN	SERVINGS 2	CALORIES PER SERVING 650	NET CARBS PER SERVING 34 GRAMS	MENU PALEO // GLUTEN-FREE
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Our spicy scallion aïoli features avocado mayo, garlic, ginger, lime, and a dash of hot sauce, bringing an Asian-inspired kick to this delectable seafood dish. Here, it's drizzled over flaky pan-seared tilapia fillets for a creamy, umami-rich finish. Roasted sweet potatoes, broccoli, and red bell pepper — dusted with crushed red pepper flakes for a touch of heat — round out the nourishing meal.

- INGREDIENTS (9 ITEMS)**
- 2 (5 oz) **Tilapia fillets** F
 - 2 oz **Spicy ginger-lime aïoli** E
 - 1 whole **Scallion**
 - 10 ¼ oz **Sweet potatoes**
 - 6 oz **Broccoli**
 - 1 ¾ oz **Red bell pepper***
 - 2 oz **Yellow onions & ginger**
 - ½ oz **Dry-roasted cashews** T
 - ½ tsp **Crushed red pepper flakes**

- WHAT YOU'LL NEED**
- large nonstick pan
 - baking sheet
 - medium bowl
 - measuring spoons
 - thermometer
 - oven mitt
 - cooking oil
 - salt & pepper

- ALLERGENS**
- F FISH (tilapia)
 - E EGGS
 - T TREE NUTS (cashews)

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

GF Certified gluten-free by the Gluten Intolerance Group's Gluten-Free Food Service (GFFS) program.

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

*This ingredient may be a different color. Either way, this dish will still be delicious!

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 help.greenchef.com for safe cooking guidelines and to learn more about food allergens. Questions? Contact us at (888) 236-7295.

1 PREP

- Preheat oven to 425 degrees.
- Cut **broccoli** into bite-size pieces if necessary.
- Cut **red bell pepper** lengthwise into strips, about ¼ inch thick. Halve strips widthwise.
- Thinly slice **scallion** at an angle; discard root end.
- Roughly chop **dry-roasted cashews** if necessary.

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 SEASON & ROAST VEGGIES

- Place **sweet potatoes, broccoli, bell pepper, and yellow onions and ginger** in a medium bowl. Drizzle with about 1 ½ tablespoons cooking oil. Season with about ½ teaspoon salt, a pinch of pepper, and **crushed red pepper flakes*** to taste. Stir to coat.
- Spread **veggies** out in a single layer on a lightly oiled, foil-lined baking sheet. Roast 20–22 minutes, or until veggies are fork tender, stirring halfway through.

**If heat sensitive, use crushed red pepper flakes sparingly, or omit entirely.*

3 MAKE SCALLION AÏOLI

- Place **spicy ginger-lime aïoli** in bowl used for veggies. Add **scallion**. Stir to combine.

4 SEASON & COOK FISH

- Pat **tilapia fillets** dry with paper towels. Season with salt and pepper.
- Heat about 1 ½ tablespoons cooking oil in a large nonstick pan over medium heat. Once pan is hot, add **tilapia**. Sear 2–3 minutes on each side, or until tilapia is fully cooked.*

**Tilapia is fully cooked when internal temperature reaches 145 degrees and it easily flakes with a fork.*

5 PLATE YOUR DISH

- Divide **tilapia** between plates. Spoon **spicy scallion aïoli** over top. Serve **roasted veggies** on the side. Garnish with **cashews**. Enjoy!



Nutrition Facts

2 Servings per container

Serving size (491g)

Amount per serving

Calories 650

	% Daily Value*
Total Fat 39g	50%
Saturated Fat 4.5g	23%
Trans Fat 0g	
Cholesterol 75mg	25%
Sodium 920mg	40%
Total Carbohydrate 42g	15%
Dietary Fiber 8g	29%
Total Sugars 10g	
Includes 0g Added Sugars	0%
Protein 33g	
Vitamin D 0mcg	0%
Calcium 103mg	8%
Iron 3mg	15%
Potassium 968g	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:

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.