



**GREEN  
CHEF**

# BLACKENED TILAPIA

*Dirty rice with tomato, corn & celery, pecans, paprika aioli*

## COOK TIME

25 MIN

## SERVINGS

2

## CALORIES PER SERVING

750

## MENU

GLUTEN-FREE

Blackening spices are favored in Southern cooking for their blend of bold peppercorns, earthy-sweet paprika, and flavorful herbs. Here, they season tilapia fillets, pan-seared to flaky, golden-brown perfection. The fish is served atop a colorful bed of dirty rice strewn with tomato, corn, and celery. A sprinkle of pecans adds a buttery crunch, while a drizzle of vegan paprika-Dijon aioli finishes the dish with a creamy kick.

## INGREDIENTS (11 ITEMS)

2 (5 oz) **Tilapia fillets** F  
 1 tsp **Blackening spices**  
 ½ cup **Jasmine rice**  
 1 whole **Roma tomato**  
 ½ cup **Corn**  
 1 ¾ oz **Celery**  
 2 oz **Yellow onions**  
 1 whole **Scallion**  
 1 whole **Lime**  
 ½ oz **Pecans** T  
 1 ¾ oz **Vegan paprika-Dijon aioli**

## WHAT YOU'LL NEED

small pot with lid  
 large sauté pan  
 large nonstick pan  
 small bowl  
 measuring cup & spoons  
 microplane  
 thermometer  
 cooking oil  
 salt & pepper

## ALLERGENS

F FISH (tilapia)  
T TREE NUTS (pecans)



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 Food Service (GFFS) program.

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

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

## 1 START RICE

- Bring **jasmine rice**, 1 cup water, and about ¼ teaspoon salt to a boil in a small pot. Stir. Reduce heat to medium-low and cover pot with lid. Simmer 16-18 minutes, or until rice is tender and water is absorbed.
- Remove from heat. Let rest, covered, 3 minutes. Fluff with a fork.

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 PREP

- Small dice **celery** into pieces, about ¼ inch each.
- Small dice **Roma tomato** into pieces, about ¼ inch each.
- Thinly slice **scallion** at an angle; discard root end.
- Zest whole **lime** with a microplane (or on small holes of a box grater) over a small bowl. Halve **lime**.
- Roughly chop **pecans** if necessary.

## 3 COOK VEGGIES

- Heat about 1 ½ tablespoons cooking oil in a large sauté pan over medium heat. Add **corn**, **celery**, and **yellow onions** to hot pan. Season with about ¼ teaspoon salt and a pinch of pepper. Cook 3-4 minutes, or until corn and onions are lightly browned, stirring occasionally.
- Add **tomato** and about half of the **scallion**. Cook 2-3 minutes, or until celery is tender, stirring occasionally. Remove from heat.

## 4 SEASON & COOK TILAPIA

- Pat **tilapia fillets** dry with paper towels. Season with **blackening spices** and salt.
- Heat about 1 ½ tablespoons cooking oil in a large nonstick pan over medium heat. Add **tilapia** to hot pan. Sear 2-3 minutes on each side, or until tilapia is fully cooked.\* Transfer **tilapia** to a plate.

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

## 5 MAKE DIRTY RICE

- Transfer **rice** to pan with **veggies**. Add **lime zest**. Salt and pepper to taste.\* Stir to combine.

*\*Taste the dirty rice after seasoning and adjust as needed. Adding salt and pepper throughout the cooking process is key to a delicious final product.*

## 6 PLATE YOUR DISH

- Divide **dirty rice** between plates. Top with **blackened tilapia**. Drizzle with **vegan paprika-Dijon aioli** to taste. Sprinkle with **pecans** and remaining **scallion**. Garnish with **lime halves**. Enjoy!





## Nutrition Facts

2 Servings per container

**Serving size** (440g)

**Amount per serving**

**Calories** 750

	% Daily Value*
<b>Total Fat</b> 41g	53%
Saturated Fat 4.5g	23%
Trans Fat 0g	
<b>Cholesterol</b> 55mg	18%
<b>Sodium</b> 800mg	35%
<b>Total Carbohydrate</b> 63g	23%
Dietary Fiber 4g	14%
Total Sugars 6g	
Includes 0g Added Sugars	0%
<b>Protein</b> 32g	
Vitamin D 0mcg	0%
Calcium 37mg	2%
Iron 2mg	10%
Potassium 377mg	8%

\* 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, Blackening Spices** [paprika, dehydrated onion, spices (black pepper, white pepper, red pepper, thyme, oregano), dehydrated garlic, and salt], **Jasmine Rice** [jasmine rice], **Corn, Scallions, Yellow Onions, Roma Tomatoes, Lime, Celery, Pecans** [pecans, canola oil], **Paprika-Dijon Aioli** (Vegan Mayonnaise [sunflower oil, aquafaba (water, chickpea, kombu seaweed), distilled vinegar, salt, sugar, lemon juice, white pepper], Dijon Mustard [grain vinegar, water, mustard seed, salt, spices ], Sweet Paprika, Smoked Paprika, Dried Thyme, Dried Basil, Dried Oregano, White Pepper, Granulated Garlic, Lemon Juice)

### 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.*