



**GREEN  
CHEF**

# BARRAMUNDI WITH CHIMICHURRI

*Sautéed zucchini, red bell pepper & pepitas*

## COOK TIME

30 MIN

## SERVINGS

2

## CALORIES PER SERVING

710

## NET CARBS PER SERVING

10 GRAMS

## MENU

KETO // PALEO // GLUTEN-FREE

Chimichurri is a classic South American herb-based sauce often paired with rich meat dishes to lend a fresh, bright accent. Here, we drizzle it over flaky pan-seared barramundi fillets, where its tangy, herbaceous notes complement the butteriness of the fish. Sautéed zucchini and red bell pepper form a nourishing base for the meal, and a sprinkle of pepitas adds a light nutty crunch throughout.

## INGREDIENTS (7 ITEMS)

2 (5 oz) **Barramundi fillets** <sup>F</sup>  
 1 whole **Zucchini\***  
 1 whole **Red bell pepper\***  
 2 oz **Yellow onions**  
 1 ¼ tbsp **Cumin, coriander & oregano**  
 3 ½ oz **Creamy chimichurri with avocado mayo** <sup>E</sup>  
 ½ oz **Pepitas**

## WHAT YOU'LL NEED

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

## ALLERGENS

<sup>F</sup> FISH (barramundi)  
<sup>E</sup> EGGS



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.

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

1

## PREP

- Trim stem ends off **zucchini**; discard. Quarter lengthwise. Lay flat and slice across into quarter-moons, about ½ inch thick.
- Cut sides off **red bell pepper**. Discard seed pod and stem. Medium dice into pieces, about ½ inch each.

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

## START VEGGIES

- Heat about 1 ½ tablespoons cooking oil in a large sauté pan over medium heat. Add **zucchini**, **bell pepper**, and **yellow onions** to hot pan. Season with **cumin**, **coriander**, and **oregano**, about ¼ teaspoon salt, and a pinch of pepper. Stir to combine. Cook 6-8 minutes, or until veggies are tender, stirring occasionally.

3

## FINISH VEGGIES

- Add most of the **pepitas** to pan with veggies. Cook 1-2 minutes, stirring occasionally. Salt and pepper to taste.

4

## SEASON &amp; COOK BARRAMUNDI

- Pat **barramundi fillets** dry with paper towels. Season with salt and pepper.
- Heat about 1 ½ tablespoons cooking oil in a medium nonstick pan over medium-high heat. Add **barramundi** to hot pan, skin-side up. Sear 4-8 minutes on each side, or until fully cooked.\*

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

5

## PLATE YOUR DISH

- Divide **sautéed veggies** between plates. Top with **pan-seared barramundi**. Drizzle with **creamy chimichurri with avocado mayo** to taste. Garnish with remaining **pepitas**. Enjoy!



## Nutrition Facts

2 Servings per container

**Serving size** (444g)

**Amount per serving**

**Calories** **710**

	% Daily Value*
<b>Total Fat</b> 59g	76%
Saturated Fat 9g	45%
Trans Fat 0g	
<b>Cholesterol</b> 95mg	32%
<b>Sodium</b> 730mg	32%
<b>Total Carbohydrate</b> 15g	5%
Dietary Fiber 5g	18%
Total Sugars 7g	
Includes 0g Added Sugars	0%
<b>Protein</b> 33g	
Vitamin D 12mcg	60%
Calcium 91mg	8%
Iron 3mg	15%
Potassium 1143mg	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, Zucchini, Creamy Chimichurri** (Yellow Onions, Parsley, Garlic, Dried Oregano, Sea Salt, Black Pepper, Crushed Red Pepper Flakes, Apple Cider Vinegar [raw and unfiltered organic apple cider vinegar], Lemon Juice, Olive Oil, Avocado Oil Mayonnaise [avocado oil, egg yolks, distilled vinegar, water, salt, mustard flour]), **Bell Peppers, Yellow Onions, Pepitas, Cumin, Coriander & Oregano** (Ground Cumin, Ground Coriander, Dried Oregano)

### Allergen information:

Contains 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.*