



BUTTER-BASTED BARRAMUNDI

with orange zest, roasted beet & orange salad with feta, quinoa

COOK TIME 30 MIN	SERVINGS 2	CALORIES PER SERVING 890	MENU GLUTEN-FREE
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Basting fish with butter adds rich layers of flavor, locks in moisture, and creates a delicate golden crust. In tonight's decadent seafood dish, this simple technique is used to elevate flaky herb-seasoned barramundi fillets. Sprinkled with orange zest and scallion, they're served with fluffy quinoa and a vibrant roasted beet and orange salad studded with feta.

INGREDIENTS (9 ITEMS)

2 (5 oz)	Barramundi fillets <small>F</small>
1 ½ tsp	Oregano-garlic seasoning
½ cup	White quinoa
5 ½ oz	Red beets
1 whole	Orange
2 oz	Feta cheese <small>M</small>
1 whole	Scallion
¾ oz	White balsamic vinegar
¼ oz	Dijon mustard

WHAT YOU'LL NEED

small pot with lid
medium nonstick pan
baking sheet
mixing bowls
measuring cup & spoons
whisk
microplane
thermometer
oven mitt
cooking & olive oils
2 tbsp butter M
1 tsp sugar
salt & pepper

ALLERGENS

- F FISH (barramundi)
- M MILK



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

1 SEASON & ROAST BEETS

- Preheat oven to 425 degrees.
- Place **red beets** in a medium bowl. Drizzle with about 1 ½ tablespoons cooking oil. Season with about ¼ teaspoon salt and a pinch of pepper. Stir to coat.
- Spread **beets** out in a single layer on a lightly oiled, foil-lined baking sheet (wipe out bowl). Roast 18-22 minutes, or until beets are fork tender, stirring halfway through.

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

- Thinly slice **scallion**; discard root end. Separate **white ends** and **green tops**.
- **Zest** half of **orange** with a microplane (or on small holes of a box grater) over a small bowl. Cut off top and bottom of **orange**. Lay flat and remove peel with curved downward cuts, exposing flesh. Cut along white membranes to segment into **wedges**.

3 COOK QUINOA

- Heat about 1 tablespoon cooking oil in a small pot over medium heat. Add **white quinoa** and **white scallion ends** to hot pot. Stir to combine. Toast about 1 minute, stirring frequently.
- Add 1 cup water. Stir. Bring to a boil, then reduce heat to medium-low. Cover pot with lid. Simmer 16-18 minutes, or until quinoa is tender and water is absorbed.
- Remove from heat. Let rest, covered, 3 minutes. Fluff with a fork. Add 1 tablespoon butter. Season with about ¼ teaspoon salt and a pinch of pepper. Stir until butter melts.

4 MAKE VINAIGRETTE

- Place **white balsamic vinegar**, about 2 tablespoons olive oil, about half of the **Dijon mustard** (reserve remaining mustard for another use), and 1 teaspoon sugar in a second small bowl. Season with salt and pepper. Whisk to combine.

5 SEASON & COOK FISH

- Pat **barramundi fillets** dry with paper towels. Season with **oregano-garlic seasoning**, salt, and pepper.
- Heat about 2 tablespoons cooking oil in a medium nonstick pan over medium heat. Add **barramundi** to hot pan, skin-side up. Cook 4-8 minutes.
- Flip **barramundi**. Reduce heat to low. Add 1 tablespoon butter. Cook 4-8 minutes, or until barramundi is fully cooked, frequently basting barramundi with butter.* (Barramundi is fully cooked when internal temperature reaches 145 degrees and it easily flakes with a fork.)
- Remove from heat. Sprinkle **orange zest** over **barramundi** to taste.

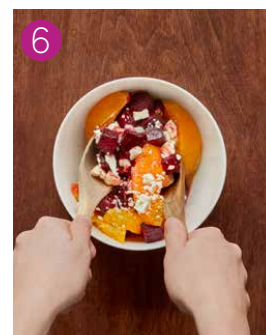
**Baste the fish by gently tilting the pan and spooning the butter over the fish for about 30 seconds at a time.*

6 MAKE SALAD

- Return **beets** to bowl used for seasoning. Add **orange segments** and about half of the **feta cheese**. Drizzle with **vinaigrette** to taste. Salt and pepper to taste. Toss to combine.

7 PLATE YOUR DISH

- Divide **butter-basted barramundi** between plates. Sprinkle **green scallion tops** over top. Serve **quinoa** and **roasted beet and orange salad** next to barramundi. Sprinkle remaining **feta cheese** over salad. Enjoy!



Nutrition Facts

2 Servings per container

Serving size (466g)

Amount per serving

Calories 890

	% Daily Value*
Total Fat 56g	72%
Saturated Fat 12g	60%
Trans Fat 0g	
Cholesterol 100mg	33%
Sodium 1150mg	50%
Total Carbohydrate 58g	21%
Dietary Fiber 9g	32%
Total Sugars 21g	
Includes 3g Added Sugars	6%
Protein 41g	
Vitamin D 12mcg	60%
Calcium 236mg	20%
Iron 4mg	20%
Potassium 1267mg	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, White Quinoa [quinoa], **Orange, Red Beets, White Balsamic Vinegar** [white wine vinegar, concentrated grape must], **Dijon Mustard** [grain vinegar, water, mustard seed, salt, spices], **Feta Cheese** [pasteurized milk, cheese cultures, salt, enzymes, anti-caking agent (potato starch, powdered cellulose, natamycin)], **Oregano-Garlic Seasoning** (Dried Oregano, Granulated Garlic, Onion Powder, Dried Parsley), **Scallions**

Allergen information:
Contains Milk 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.