



TILAPIA WITH MANGO SALSA

coconut cauliflower "rice," roasted green beans with almonds

COOK TIME
30 MIN

SERVINGS
2

CALORIES PER SERVING
640

NET CARBS PER SERVING
15 GRAMS

MENU
KETO // PALEO // GLUTEN-FREE

Take a trip to the tropics with this festive fish dinner! A vibrant mango salsa with red bell pepper and herby chimichurri is spooned over flaky jerk-spiced tilapia fillets, offering a fresh counterpoint to the buttery white fish. Roasted green beans with toasted almonds make for a savory side, while cauliflower "rice" sautéed with shredded coconut adds texture to every bite.

INGREDIENTS (9 ITEMS)

- 2¾ oz **Mangos**
- 1 unit **Red bell pepper**
- 6 oz **Green beans**
- 1¼ oz **Chimichurri sauce with olive oil**
- 1 tsp **Jerk spice blend** T
- ½ oz **Sliced almonds** T
- 6½ oz **Cauliflower "rice"**
- ¼ oz **Shredded coconut** T
- 2 (5 oz) **Tilapia fillets*** F

WHAT YOU'LL NEED

- large sauté pan
- large nonstick pan
- baking sheet
- mixing bowls
- measuring cup & spoons
- thermometer
- oven mitt
- cooking oil
- salt & pepper

ALLERGENS

- T TREE NUTS (almonds, coconut)
- F FISH (tilapia)



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 Safe Spot Program.

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

*Tilapia 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 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.
- Roughly chop **mangos** if necessary (reserve any juice in pouch).
- Small dice **red bell pepper*** into pieces, about ¼ inch each.
- Trim stem ends off **green beans**. Cut into pieces, about ½ inch long.

*The ingredient you received may be a different color.

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 MAKE MANGO SALSA

- Place **mangos** (reserve juice for Step 4) and **bell pepper** in a small bowl. Drizzle with **chimichurri sauce with olive oil** to taste. Stir to combine. Season with salt and pepper to taste.

3 SEASON & ROAST GREEN BEANS

- Place **green beans** in a medium bowl. Drizzle with about 1½ tablespoons cooking oil. Season with about half of the **jerk spice blend**, about ¼ teaspoon salt, and a pinch of pepper. Stir to coat.
- Spread **green beans** out in a single layer on a lightly oiled, foil-lined baking sheet. Roast 4-5 minutes.
- Sprinkle **sliced almonds** over **green beans**. Stir to combine. (**Careful! Baking sheet is hot!**) Return baking sheet to oven. Roast 4-5 minutes, or until green beans are fork-tender and almonds are lightly toasted.

4 COOK CAULIFLOWER "RICE"

- Heat about 1½ tablespoons cooking oil in a large sauté pan over medium-high heat. Add **cauliflower "rice,"** any reserved **mango juice**, and about ¼ cup water to hot pan. Season with about ½ teaspoon salt and a pinch of pepper. Stir to combine. Cook 2-3 minutes, or until most of the liquid has cooked off, stirring occasionally.
- Add **shredded coconut**. Cook 3-4 minutes, or until cauliflower is tender, stirring occasionally.

5 SEASON & COOK TILAPIA

- Pat **tilapia fillets** dry with paper towels. Season with remaining **jerk spice blend**, about ¼ teaspoon salt, and a pinch of pepper.
- Heat about 1½ 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.

6 PLATE YOUR DISH

- Divide **jerk-spiced tilapia** between plates. Top with **mango salsa**. Serve **coconut cauliflower "rice"** and **roasted green beans with almonds** on the side. Enjoy!



Nutrition Facts

2 Servings per container

Serving size (446g)

Amount per serving

Calories **640**

	% Daily Value*
Total Fat 48g	62%
Saturated Fat 9g	45%
Trans Fat 0g	
Cholesterol 55mg	18%
Sodium 1400mg	61%
Total Carbohydrate 23g	8%
Dietary Fiber 8g	29%
Total Sugars 12g	
Includes 0g Added Sugars	0%
Protein 32g	
Vitamin D 1mcg	6%
Calcium 94mg	8%
Iron 3mg	15%
Potassium 705mg	15%

* 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 [tilapia], **Cauliflower**, **Shredded Coconut** [coconuts], **Mangos** [mango], **Bell Peppers**, **Green Beans**, **Almonds** [almonds], **Chimichurri Sauce** (Yellow Onions, Parsley, Garlic, Dried Oregano, Sea Salt, Black Pepper, Crushed Red Pepper Flakes, Apple Cider Vinegar [apple cider vinegar], Lemon Juice [lemon], Olive Oil [olive oil]), **Jerk Spice Blend** (Allspice, Nutmeg, Black Pepper, Dried Thyme, Ground Cayenne Pepper, Sweet Paprika, Coconut Sugar [organic coconut sugar], Granulated Garlic, Dried Ginger)

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.