



**GREEN  
CHEF**

## ITALIAN HERB-SEASONED BARRAMUNDI

*Sautéed kale with white beans & roasted red peppers, pistachios*

### COOK TIME

25 MIN

### SERVINGS

2

### CALORIES PER SERVING

830

### MENU

GLUTEN-FREE

It's no wonder our chefs love barramundi. The white fish's mild flavor makes it the perfect canvas for just about any cuisine, and in this 25-minute meal, it shines with a crust of garlicky herbs and spices. Seared to flaky perfection, the fillets are served over a nourishing bed of sautéed green kale, savory white beans, and roasted red peppers. Toasted pistachios top it all off with a nutty crunch.

### INGREDIENTS (8 ITEMS)

2 (5 oz) **Barramundi fillets** F  
 1 ¾ tsp **Garlic, paprika & herb blend**  
 15 ½ oz **Great Northern beans**  
 2 ¾ oz **Green kale**  
 ½ cup **Roasted red peppers**  
 1 whole **Yellow onion**  
 ½ oz **Pistachios** T  
 2 ¼ oz **Honey-Dijon vinaigrette**

### WHAT YOU'LL NEED

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

### ALLERGENS

F FISH (barramundi)  
T TREE NUTS (pistachios)



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



1

## PREP

- Roughly chop **pistachios**.
- Cut ends off **yellow onion** and discard peel. Halve lengthwise. Lay one half flat and small dice into pieces, about ¼ inch each (reserve remaining half for another use).
- Strain and rinse **Great Northern beans**.
- Remove and discard any thick center stems from **green kale**. \* Roughly chop leaves into bite-size pieces.

*\*Your kale may be a different color. Either way, this dish will still be delicious!*

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

## TOAST NUTS

- Place **pistachios** in a dry large sauté pan over medium heat. Toast 2-3 minutes, or until fragrant, shaking pan frequently. Transfer **pistachios** to a cutting board.

3

## SEASON &amp; COOK FISH

- Pat **barramundi fillets** dry with paper towels. Place on a plate. Season with **garlic, paprika, and herb blend**, salt, and pepper. Drizzle with about 1 teaspoon cooking oil. Rub to coat.
- 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 barramundi is fully cooked. \* Transfer **barramundi** to a second plate.

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

4

## START VEGGIES &amp; BEANS

- Heat 1-2 tablespoons cooking oil in pan used for pistachios over medium heat. Add **onion** to hot pan. Season with about ½ teaspoon salt and a pinch of pepper. Cook 1-2 minutes, or until translucent, stirring occasionally.
- Add **kale**. Cook 2-3 minutes, or until kale is wilted, stirring occasionally.
- Add **beans** and **roasted red peppers**. \* Stir to combine. Cook about 1 minute, or until beans are warmed through, stirring occasionally.

*\*If the pan seems dry while cooking, add another tablespoon of cooking oil.*

5

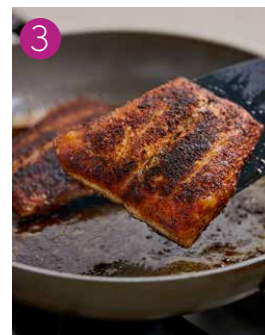
## FINISH VEGGIES &amp; BEANS

- Drizzle **honey-Dijon vinaigrette** over pan with **veggies and beans**. Salt and pepper to taste. Stir to coat.

6

## PLATE YOUR DISH

- Divide **sautéed kale with white beans** between plates. Top with **Italian herb-seasoned barramundi**. Sprinkle with **toasted pistachios**. Enjoy!



**Nutrition Facts**

2 Servings per container

**Serving size** (547g)

**Amount per serving**

**Calories** 830

	% Daily Value*
<b>Total Fat</b> 49g	63%
Saturated Fat 8g	40%
Trans Fat 0g	
<b>Cholesterol</b> 75mg	25%
<b>Sodium</b> 940mg	41%
<b>Total Carbohydrate</b> 54g	20%
Dietary Fiber 2g	7%
Total Sugars 12g	
Includes 4g Added Sugars	8%
<b>Protein</b> 44g	
Vitamin D 12mcg	60%
Calcium 195mg	15%
Iron 6mg	35%
Potassium 1492mg	30%

\* 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, Garlic, Paprika & Herb Blend** (Granulated Garlic, Sweet Paprika, Italian Seasoning [basil, rosemary, marjoram, oregano, thyme], Dried Parsley, Onion Powder), **Great Northern Beans** [organic great northern beans, water, sea salt, calcium chloride], **Roasted Red Peppers** [roasted red pepper, water, citric acid, sea salt], **Yellow Onion, Green Kale, Pistachios** [pistachio], **Honey-Dijon Vinaigrette** (Honey, White Balsamic Vinegar [white wine vinegar, concentrated grape must], Granulated Garlic, Sunflower Oil, Dijon Mustard [grain vinegar, water, mustard seed, salt, spices ])

**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.*