



**GREEN  
CHEF**

# BUTTER-BASTED BARRAMUNDI

*roasted beet, orange & feta salad, zucchini with walnuts*

## COOK TIME

30 MIN

## SERVINGS

2

## CALORIES PER SERVING

820

## NET CARBS PER SERVING

20 GRAMS

## MENU

KETO // GLUTEN-FREE

Basting pan-seared barramundi with rich, melted butter locks in moisture and gives the fish a delicate golden crust for tonight's keto-friendly dinner. Cooked to flaky perfection, the fillets are sprinkled with orange zest for citrusy, aromatic depth. A unique roasted beet and fresh orange salad adds earthy, bright flavors on the side. Feta cheese finishes the dish with a tangy, creamy note.

## INGREDIENTS (10 ITEMS)

5½ oz **Red beets**  
 ½ oz **Walnuts** T  
 1 whole **Zucchini\***  
 ¼ oz **Garlic**  
 1 whole **Orange\***  
 ¾ oz **White balsamic vinegar**  
 ¼ oz **Dijon mustard**  
 2 (5 oz) **Barramundi fillets\*\*** F  
 1½ tsp **Oregano-garlic seasoning**  
 2 oz **Feta cheese** M

## WHAT YOU'LL NEED

medium nonstick pan  
 large sauté pan  
 baking sheet  
 mixing bowls  
 measuring spoons  
 microplane  
 whisk  
 thermometer  
 oven mitt  
 cooking & olive oils  
 2 tbsp butter M  
 salt & pepper

## ALLERGENS

T TREE NUTS (walnuts) 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 Safe Spot Program.

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

\*Due to the varying nature of organic produce, we may have sent a larger zucchini and orange than needed.  
 \*\*Barramundi 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](https://www.greenchef.com/faq) 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 1½ 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. Roast 18-20 minutes, or until tender, stirring halfway through. (Reserve bowl.)

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

- Roughly chop **walnuts** if necessary.
- Trim ends off **zucchini**\*; discard. Halve lengthwise. Lay flat and slice across into half-moons, about ¼ inch thick.\*\*
- Mince **garlic**.
- Zest half of the **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**\*\*\*.

\*The ingredient you received may be a different color.

\*\*Use enough zucchini to match the size of a banana, saving the rest for another day. If you have a food scale, use 8 oz to stay under 35 grams of net carbs per serving.

\*\*\*Use enough orange to match the size of a softball, saving the rest for another day. If you have a food scale, use 10 oz to stay under 35 grams of net carbs per serving.

# 3 MAKE VINAIGRETTE

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

\*For a slightly sweeter flavor, add 1 teaspoon of your preferred sweetener.

# 4 COOK ZUCCHINI

- Place **walnuts** in a dry large sauté pan over medium heat. Toast 2-3 minutes, or until fragrant, shaking pan frequently.
- Add **zucchini** and 1 tablespoon butter. Cook 5-6 minutes, or until zucchini is fork-tender, stirring occasionally.
- Add **garlic**. Season with about ¼ teaspoon salt and a pinch of pepper. Cook 1-2 minutes, or until garlic is fragrant, stirring occasionally. Remove from heat.

# 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. Sear 3-4 minutes.
- Reduce heat to low. Flip **barramundi**. Add 1 tablespoon butter. Cook 4-5 minutes, or until fish is fully cooked, frequently basting fish with butter.\*
- Remove from heat. Sprinkle with **orange zest** to taste.

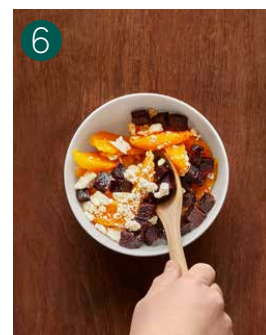
\*To baste the fish, tilt the pan just far enough towards yourself so the butter pools at the bottom. Spoon the butter over the fish for about 30 seconds at a time.

# 6 MAKE SALAD

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

# 7 PLATE YOUR DISH

- Divide **butter-basted barramundi** between plates. Pile **roasted beet and orange salad** and **zucchini with walnuts** on the side. Garnish salad with remaining **feta**. Enjoy!



# Nutrition Facts

2 Servings per container

Serving size (514g)

Amount per serving

Calories 820

	% Daily Value*
Total Fat 64g	82%
Saturated Fat 18g	90%
Trans Fat 0g	
Cholesterol 130mg	43%
Sodium 1130mg	49%
Total Carbohydrate 26g	9%
Dietary Fiber 6g	21%
Total Sugars 18g	
Includes 0g Added Sugars	0%
Protein 35g	
Vitamin D 12mcg	60%
Calcium 232mg	20%
Iron 1mg	6%
Potassium 1190mg	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 [barramundi], Zucchini, Walnuts [walnuts], Garlic, Orange, Red Beets, White Balsamic Vinegar [aged white wine vinegar and must of white grapes], Dijon Mustard [water, mustard seeds, vinegar, salt, citric acid, sulphur dioxide], 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)

Allergen information:  
Contains Milk, 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.