



**GREEN
CHEF**

CILANTRO BUTTER-BASTED BARRAMUNDI

Pineapple & radish salsa, cabbage slaw, coconut rice

COOK TIME

35 MIN

SERVINGS

2

CALORIES PER SERVING

780

MENU

GLUTEN-FREE

A vibrant seafood dish perfect for cold nights. Barramundi fillets — dusted with a paprika and orange spice blend — are pan-seared, then basted with cilantro butter for a rich finish. The barramundi is topped with a bright pineapple and radish salsa and served over a bed of rice strewn with shredded coconut. A lime-dressed cabbage slaw adds a crisp crunch on the side.

INGREDIENTS (10 ITEMS)

½ cup **Basmati rice**
1 whole **Lime**
2 oz **Pineapple**
2 oz **Radishes**
1 ¾ oz **Celery**
¼ oz **Cilantro**
2 (5 oz) **Barramundi fillets*** **F**
1 tsp **Paprika & orange spice blend**
3 ½ oz **Cabbage**
½ oz **Shredded coconut** **T**

WHAT YOU'LL NEED

small pot with lid
medium nonstick pan
mixing bowls
measuring cup & spoons
microplane
thermometer
cooking & olive oils
2 tbsp butter **M**
salt & pepper

ALLERGENS

F FISH (barramundi)
T TREE NUTS (coconut)
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.

*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 START RICE

- Bring **basmati rice**, 1 ¼ cups water, and about ¼ teaspoon salt to a boil in a small pot. Stir. Reduce heat to medium-low and cover pot with lid. Simmer 16 minutes, or until rice is tender and water is absorbed.
- Remove from heat. Let rest, covered, 3 minutes.

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

- Zest whole **lime** with a microplane (or on small holes of a box grater) over a medium bowl. Quarter **lime**.
- Roughly chop **pineapple** (discard any excess juice).
- Trim ends off **radishes** and cut in half. Lay flat and slice into half-moons, about ¼ inch thick. Cut half-moons lengthwise into matchsticks, about ¼ inch thick.
- Halve **celery** lengthwise. Cut widthwise into pieces, about ¼ inch each.
- De-stem **cilantro**; roughly chop leaves.

3 MAKE SALSA

- Add **pineapple**, **radishes**, and **celery** to bowl with **lime zest**. Squeeze juice from 1-2 **lime wedges** over bowl. Drizzle with about 1 tablespoon olive oil. Salt and pepper to taste. Stir to combine.

4 SEASON & COOK BARRAMUNDI

- Pat **barramundi fillets** dry with paper towels. Season with **paprika and orange spice blend**, 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 2 tablespoons butter and about half of the **cilantro**. Cook 4-5 minutes, or until barramundi is fully cooked, frequently basting with cilantro butter.*

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

5 MAKE SLAW

- Roughly chop **cabbage*** if necessary.
- Place **cabbage** in a second medium bowl. Squeeze juice from remaining **lime wedges** over bowl (or to taste). Drizzle with about 1 tablespoon olive oil. Salt and pepper to taste. Toss to combine.

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

6 FINISH RICE

- Fluff **rice** with a fork. Add **shredded coconut** and remaining **cilantro**. Salt and pepper to taste. Stir to combine.

7 PLATE YOUR DISH

- Divide **coconut rice** between plates. Top with **barramundi**. Spoon any remaining **cilantro butter** from pan and **pineapple salsa** over top. Serve **cabbage slaw** on the side. Enjoy!



Nutrition Facts

2 Servings per container

Serving size (435g)

Amount per serving

Calories 780

	% Daily Value*
Total Fat 49g	63%
Saturated Fat 17g	85%
Trans Fat 0g	
Cholesterol 105mg	35%
Sodium 710mg	31%
Total Carbohydrate 55g	20%
Dietary Fiber 5g	18%
Total Sugars 6g	
Includes 0g Added Sugars	0%
Protein 34g	
Vitamin D 14mcg	70%
Calcium 81mg	6%
Iron 1mg	6%
Potassium 900g	20%

* 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], Lime, Cilantro, Green Cabbage, Red Cabbage, Radishes, Basmati Rice, Pineapple, Celery, Shredded Coconut [coconuts], Paprika & Orange Spice Blend (Sweet Paprika, Smoked Paprika, Dried Orange Peel, Dried Parsley, Sea Salt, Black Pepper)

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.