



CARIBBEAN-SPICED TILAPIA

Coconut-lime rice, mango salsa & creamy chimichurri

COOK TIME 30 MIN	SERVINGS 2	CALORIES PER SERVING 720	MENU GLUTEN-FREE
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This Caribbean-inspired dish is brimming with sweet and savory flavors that will transport your taste buds to sunnier weather (no SPF required). Tilapia fillets are seasoned with a smoky paprika and orange spice blend and quickly seared to a tender, flaky finish. They're draped in mango salsa and creamy chimichurri sauce, and served atop fluffy jasmine rice mixed with shredded coconut and lime zest. If you want to take your rice above and beyond, try toasting the coconut first. Cook the shreds in a dry large sauté pan over medium heat until lightly golden, then transfer to a plate. This quick and easy step adds depth of flavor and a light crunch that'll keep you coming back for more.

COOKING FOR 4 If you ordered the 4-serving version of this meal, refer to the guidelines in Step 1.

Validated
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.

INGREDIENTS (10 ITEMS)

- ½ cup **Jasmine rice**
- 4 ¼ oz **Mangos**
- 1 whole **Roma tomato**
- 1 whole **Lime**
- ¾ oz **Agave**
- ½ tsp **Crushed red pepper flakes**
- 2 (5 oz) **Tilapia fillets*** **F**
- 1 tsp **Paprika & orange spice blend**
- ¼ oz **Shredded coconut** **T**
- 2 ¾ oz **Creamy chimichurri sauce** **E S**

WHAT YOU'LL NEED

- small pot with lid
- large nonstick pan
- mixing bowls
- measuring cup & spoons
- microplane
- thermometer
- cooking & olive oils
- salt & pepper

ALLERGENS

- F** FISH (tilapia) **T** TREE NUTS (coconut)
- E** EGGS **S** SOY

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

1 COOK RICE

- Bring **jasmine rice**, 1 cup 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 16-18 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 & MAKE SALSA

- Roughly chop **mangos** if necessary (reserve any juice in pouch).
- Small dice **Roma tomato** into pieces, about ¼ inch each.
- Zest whole **lime** with a microplane (or on small holes of a box grater) over a small bowl. Quarter **lime**.
- Place **mangos** (with any reserved **juice**), **tomato**, **agave**, and about 1 teaspoon olive oil in a medium bowl. Squeeze juice from two **lime wedges** over bowl. Season with **crushed red pepper flakes*** to taste. Salt and pepper to taste. Stir to combine.

**If heat sensitive, use crushed red pepper flakes sparingly, or omit entirely.*

3 SEASON & COOK FISH

- Pat **tilapia fillets** dry with paper towels. Season with **paprika and orange spice blend**, salt, and pepper.
- Heat about 1 ½ 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.

4 FINISH RICE

- Fluff **rice** with a fork. Add **shredded coconut** and **lime zest**. Stir to combine.

5 PLATE YOUR DISH

- Divide **coconut-lime rice** between plates. Top with **Caribbean-spiced tilapia**. Spoon **mango salsa** over tilapia. Drizzle with **creamy chimichurri sauce** to taste. Garnish with remaining **lime wedges**. Enjoy!



Nutrition Facts

2 Servings per container

Serving size (401g)

Amount per serving

Calories 720

	% Daily Value*
Total Fat 37g	47%
Saturated Fat 7g	35%
Trans Fat 0g	
Cholesterol 65mg	22%
Sodium 860mg	37%
Total Carbohydrate 69g	25%
Dietary Fiber 5g	18%
Total Sugars 19g	
Includes 7g Added Sugars	14%
Protein 31g	
Vitamin D 1mcg	6%
Calcium 39mg	4%
Iron 2mg	10%
Potassium 285mg	6%

* 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], **Paprika & Orange Spice Blend** (Sweet Paprika, Smoked Paprika, Dried Orange Peel, Dried Parsley, Sea Salt, Black Pepper), **Creamy Chimichurri** (Yellow Onions, Parsley, Garlic, Dried Oregano, Sea Salt, Black Pepper, Crushed Red Pepper Flakes, Apple Cider Vinegar [apple cider vinegar], Lemon Juice [lemon], Sunflower Oil [high oleic sunflower oil], Mayonnaise [organic expeller pressed soybean oil, water, organic egg yolks, organic whole eggs, organic distilled white vinegar, salt, organic white mustard (organic distilled vinegar, water, organic mustard seeds, salt, organic spices), organic lemon juice concentrate]), **Crushed Red Pepper Flakes**, **Agave** [organic agave syrup], **Lime**, **Roma Tomatoes**, **Mangos** [mango], **Jasmine Rice** [jasmine rice], **Shredded Coconut** [coconuts]

Allergen information:

Contains Tree Nuts, Egg, Soy 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.