



**GREEN
CHEF**

BARRAMUNDI FLORENTINE

Creamy kale with tomato & Parmesan cheese, roasted red potatoes

COOK TIME

30 MIN

SERVINGS

2

CALORIES PER SERVING

730

MENU

GLUTEN-FREE

There's no better way to get your greens than *à la Florentine*, a savory preparation typically featuring creamed spinach. In tonight's dish, we've swapped spinach for silky nutrient-rich kale, which is folded in with cream cheese, Parmesan, diced tomato, and a squeeze of lemon juice for a decadent pairing with flaky barramundi fillets. A side of roasted red potatoes completes the satisfying home-cooked meal.

INGREDIENTS (9 ITEMS)

9 ½ oz **Red potatoes**
1 whole **Yellow onion**
3 ½ oz **Green kale**
1 whole **Roma tomato**
1 whole **Lemon**
2 (5 oz) **Barramundi fillets*** **F**
½ tsp **Garlic, paprika & herb blend**
1 oz **Cream cheese** **M**
1 oz **Parmesan cheese** **M**

WHAT YOU'LL NEED

medium oven-safe sauté pan
large sauté pan
baking sheet
medium bowl
measuring cup & spoons
thermometer
oven mitt
cooking oil
1 tbsp butter **M**
salt & pepper

ALLERGENS

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.

*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

PREP

- Preheat oven to 425 degrees.
- Medium dice **red potatoes*** into pieces, about ½ inch each.
- 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).
- Remove and discard any thick center stems from **green kale**. * Finely chop leaves.
- Small dice **Roma tomato** into pieces, about ¼ inch each.
- Quarter **lemon**.

**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

SEASON & ROAST POTATOES

- Place **potatoes** in a medium bowl. Drizzle with about 1 ½ tablespoons cooking oil. Season with about ½ teaspoon salt and about ¼ teaspoon pepper. Stir to coat.
- Spread **potatoes** out in a single layer on a lightly oiled, foil-lined baking sheet. Roast 20-22 minutes, or until fork-tender, stirring halfway through.

3

SEASON & COOK BARRAMUNDI

- Pat **barramundi fillets** dry with paper towels. Season with **garlic, paprika, and herb blend**, salt, and pepper.
- Heat about 1 ½ tablespoons cooking oil in a medium oven-safe sauté pan over medium-high heat. Add **barramundi** to hot pan, skin-side up. Sear 3-4 minutes, or until barramundi easily releases from pan.
- Flip **barramundi**. Transfer pan to oven. Roast 8-10 minutes, or until barramundi is fully cooked.*

**To keep your hands safe, slide a silicone cover (or pot holder) over the handle of the hot pan once it comes out of the oven.*

4

COOK KALE

- Heat about 1 ½ tablespoons cooking oil in a large sauté pan over medium-high heat. Add **onion** to hot pan. Season with about ¼ teaspoon salt and a pinch of pepper. Cook 2-3 minutes, or until translucent, stirring occasionally.
- Add **kale** and about ¼ cup water. Cook 2-3 minutes, or until kale is lightly wilted, stirring occasionally.
- Remove from heat. Add **tomato, cream cheese, Parmesan cheese**, and 1 tablespoon butter. Squeeze juice from 1-2 **lemon wedges** over pan, avoiding seeds. Salt and pepper to taste. Stir until cream cheese and butter are incorporated.

5

PLATE YOUR DISH

- Divide **roasted barramundi** between plates. Serve **creamy kale** and **roasted red potatoes** on the side. Garnish with remaining **lemon wedges**. Enjoy!



Nutrition Facts

2 Servings per container

Serving size (507g)

Amount per serving

Calories 730

	% Daily Value*
Total Fat 49g	63%
Saturated Fat 14g	70%
Trans Fat 0g	
Cholesterol 110mg	37%
Sodium 1160mg	50%
Total Carbohydrate 37g	13%
Dietary Fiber 6g	21%
Total Sugars 7g	
Includes 0g Added Sugars	0%
Protein 40g	
Vitamin D 12mcg	60%
Calcium 299mg	25%
Iron 2mg	10%
Potassium 1585mg	35%

* 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], **Garlic, Paprika & Herb Blend** (Granulated Garlic, Sweet Paprika, Italian Seasoning [basil, rosemary, marjoram, oregano, thyme], Dried Parsley, Onion Powder), **Yellow Onion, Cream Cheese** [cultured pasteurized skim milk and cream, whey protein, milk proteins, less than 2% salt, inulin (natural dietary fiber), natural acids, xanthan, locust bean and guar gums, potassium sorbate (maintains freshness)], **Parmesan Cheese** [pasteurized milk, cheese cultures, salt, enzymes], **Roma Tomatoes, Red Potatoes, Lemon, Green Kale**

Allergen information:
Contains Milk 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.