



**GREEN  
CHEF**

## BLACKENED BARRAMUNDI WITH DIJONNAISE

*sautéed collard greens, bell pepper & tomato, toasted pecans*

### COOK TIME

30 MIN

### SERVINGS

2

### CALORIES PER SERVING

700

### NET CARBS PER SERVING

6 GRAMS

### MENU

KETO // PALEO // GLUTEN-FREE

Barramundi is the perfect fish to take on the bold flavors of the South. Here, the mild white fish is coated in bold blackening spices, then drizzled in paprika-spiced Creole Dijonnaise for tangy richness. A bevy of colorful, sautéed veggies—including collards, bell pepper, tomato, and roasted red peppers—completes the meal.

### INGREDIENTS (9 ITEMS)

½ oz **Pecans** <sup>T</sup>  
 1 unit **Green bell pepper**  
 1¾ oz **Celery**  
 3½ oz **Collard greens**  
 1 whole **Roma tomato**  
 2 (5 oz) **Barramundi fillets\*** <sup>F</sup>  
 1 tsp **Blackening spices**  
 2¼ oz **Roasted red peppers**  
 1¾ oz **Creole Dijonnaise with avocado mayo** <sup>E</sup>

### WHAT YOU'LL NEED

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

### ALLERGENS

<sup>T</sup> TREE NUTS (pecans)  
<sup>F</sup> FISH (barramundi)  
<sup>E</sup> EGGS



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.

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## PREP

- Roughly chop **pecans** if necessary.
- Medium dice **green bell pepper\*** into pieces, about ½ inch each.
- Medium dice **celery** into pieces, about ½ inch each.
- Remove and discard any thick center stems from **collard greens**. Roughly chop leaves into bite-size pieces.
- Medium dice **Roma tomato** into pieces, about ½ inch each.

*\*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

## TOAST PECANS

- Place **pecans** in a dry large sauté pan over medium heat. Toast 2-3 minutes, or until fragrant, shaking pan frequently.
- Transfer **pecans** to a plate. (Reserve pan.)

3

## SEASON & COOK FISH

- Pat **barramundi fillets** dry with paper towels. Place on a plate. Season with salt, pepper, and about half of the **blackening spices**. Drizzle with about 1 tablespoon cooking oil. Rub to coat.
- Heat about 2 tablespoons cooking oil in a medium nonstick pan over medium-high heat. Add **barramundi**, skin sides up, to hot pan. Cook 5-7 minutes on each side, or until barramundi is fully cooked.
- Transfer **barramundi** to a plate.

4

## SAUTÉ VEGGIES

- Heat about 2 tablespoons cooking oil in pan used for pecans over medium-high heat. Add **bell pepper**, **roasted red peppers**, and **celery** to hot pan. Season with remaining **blackening spices**, about ¼ teaspoon salt, and a pinch of pepper. Cook 4-5 minutes, or until bell pepper is softened, stirring occasionally.
- Add **collards** and **tomato**. Stir to combine. Cook 2-3 minutes, or until collards begin to wilt, stirring occasionally. Season with salt and pepper to taste.

5

## PLATE YOUR DISH

- Divide **sautéed veggies** between plates. Serve **blackened barramundi** over veggies. Drizzle **Creole Dijonnaise with avocado mayo** over barramundi to taste. Garnish with **toasted pecans**. Enjoy!





# Nutrition Facts

2 Servings per container

Serving size (388g)

Amount per serving

Calories 700

	% Daily Value*
Total Fat 62g	79%
Saturated Fat 9g	45%
Trans Fat 0g	
Cholesterol 100mg	33%
Sodium 710mg	31%
Total Carbohydrate 11g	4%
Dietary Fiber 5g	18%
Total Sugars 5g	
Includes 0g Added Sugars	0%
Protein 30g	
Vitamin D 12mcg	60%
Calcium 112mg	8%
Iron 1mg	6%
Potassium 944mg	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], **Blackening Spices** [paprika (color), dehydrated onion, spices (black pepper, white pepper, red pepper, thyme, oregano), dehydrated garlic, and salt], **Roasted Red Peppers** [bell pepper], **Bell Peppers**, **Celery**, **Roma Tomatoes**, **Creole Dijonnaise** (Granulated Garlic, Sweet Paprika, Smoked Paprika, Ground Cayenne Pepper, Ground Cumin, Celery Seeds, Dried Basil, Sea Salt, Avocado Oil Mayonnaise [avocado oil, organic certified humane free range egg yolks, water, distilled vinegar, salt, lime juice concentrate, citric acid, lime oil], Dijon Mustard [water, organic mustard seeds, organic vinegar, salt, organic turmeric, organic spices], Apple Cider Vinegar [apple cider vinegar]), **Pecans** [pecans, canola and/or peanut and/or sunflower oil], **Collard Greens**

## Allergen information:

Contains Tree Nuts, Egg 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.