



BLACKENED TILAPIA

chipotle aioli, roasted veggies & pepitas, guacamole

COOK TIME 30 MIN	SERVINGS 2	CALORIES PER SERVING 730	NET CARBS PER SERVING 28 GRAMS	MENU PALEO // GLUTEN-FREE
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Tonight's Cajun-inspired seafood dish is loaded with bold flavors—and it's ready for the dinner table in just 30 minutes! Here, blackening spices impart peppery depth to delicate, pan-seared tilapia fillets. The flaky fish is drizzled in a bright and creamy chipotle aioli and served alongside roasted sweet potatoes, cabbage, and pepitas. Guacamole adds rich, fresh flavors to every bite.

INGREDIENTS (10 ITEMS)

- 1 whole **Shallot**
- ½ oz **Pepitas**
- 1 whole **Roma tomato**
- 10¼ oz **Sweet potatoes**
- 3½ oz **Cabbage**
- 2 tsp **Cumin-ancho spice blend**
- 2 oz **Guacamole**
- 2 (5 oz) **Tilapia fillets*** **F**
- 1 tsp **Blackening spices**
- 2 oz **Chipotle aioli with lime** **E**

WHAT YOU'LL NEED

- large nonstick pan
- baking sheet
- medium bowl
- measuring spoons
- thermometer
- oven mitt
- cooking oil
- salt & pepper

ALLERGENS

- F** FISH (tilapia)
- E** EGGS

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

Validate
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.

*Tilapia is fully cooked when internal temperature reaches 145 degrees.

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 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.
- Cut ends off **shallot** and discard peel. Halve lengthwise. Lay flat and cut lengthwise into strips, about ¼ inch thick.
- Roughly chop **pepitas**.
- Small dice **Roma tomato** into pieces, about ¼ inch each.

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 VEGGIES

- Place **sweet potatoes**, **cabbage***, **shallot**, and **pepitas** in a medium bowl. Drizzle with about 1½ tablespoons cooking oil. Season with **cumin-ancho spice blend**, about ½ teaspoon salt, and about ¼ teaspoon pepper. Stir to coat.
- Spread **veggies and pepitas** out in a single layer on a lightly oiled, foil-lined baking sheet. Roast 20–22 minutes, or until sweet potatoes are fork-tender, stirring halfway through.

*The ingredient you received may be a different color.

3 MAKE GUACAMOLE

- Place **guacamole** and **tomato** in bowl used for veggies. Lightly season with salt and pepper. Stir to combine.

4 SEASON & COOK FISH

- Pat **tilapia fillets** dry with paper towels. Season with **blackening spices**, salt, and pepper.
- Heat about 1½ tablespoons cooking oil in a large nonstick pan over medium heat until shimmering. Once pan is hot, add **tilapia**. Sear 2–3 minutes on each side, or until fully cooked.

5 PLATE YOUR DISH

- Divide **blackened tilapia** between plates. Drizzle with **chipotle aioli with lime** to taste. Pile **roasted veggies and pepitas** on the side. Spoon **guacamole** next to veggies. Enjoy!



Nutrition Facts

2 Servings per container

Serving size (448g)

Amount per serving

Calories 730

	% Daily Value*
Total Fat 52g	67%
Saturated Fat 7g	35%
Trans Fat 0g	
Cholesterol 80mg	27%
Sodium 1220mg	53%
Total Carbohydrate 37g	13%
Dietary Fiber 9g	32%
Total Sugars 11g	
Includes 1g Added Sugars	2%
Protein 33g	
Vitamin D 0mcg	0%
Calcium 81mg	6%
Iron 4mg	20%
Potassium 870mg	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:

Tilapia [tilapia], **Blackening Spices** [paprika (color), dehydrated onion, spices (black pepper, white pepper, red pepper, thyme, oregano), dehydrated garlic, and salt], **Chipotle-Lime Aioli** (Avocado Oil Mayonnaise [avocado oil, organic eggs, organic egg yolks, organic vinegar, sea salt, organic rosemary extract], Lime Juice [lime], Agave [organic agave syrup], Ground Chipotle Pepper, Ancho Chili Powder, Sea Salt), **Shallot**, **Sweet Potatoes**, **Pepitas** [pumpkin seed kernels], **Red Cabbage**, **Cumin-Ancho Spice Blend** (Ground Cumin, Granulated Garlic, Ancho Chili Powder, Onion Powder, Dried Oregano), **Guacamole** [hass avocados, distilled vinegar, contains 2% or less of water, jalapeño peppers, salt, dehydrated onion, granulated garlic.], **Roma Tomatoes**

Allergen information:

Contains 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.