



**GREEN
CHEF**

LEMON-BUTTER BARRAMUNDI

Creamy kale and tomato, carrot almond salad

COOK TIME

25 MIN

SERVINGS

2

CALORIES PER SERVING

680

NET CARBS PER SERVING

12 GRAMS

MENU

KETO // GLUTEN-FREE

This dish is light and bright, yet still super-satisfying. Barramundi—a member of the sea bass family with a mild flavor and firm texture—is seasoned all over with Italian-style spices and dill for an herbaceous boost. It's pan-seared to develop potato-chip-like crispy skin, then topped in a rich and tangy lemon-butter sauce with chives. Creamy kale and a carrot salad studded with crunchy almonds are the perfect accompaniments.



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.

INGREDIENTS (9 ITEMS)

1 whole	Lemon
½ oz	Chives
1 whole	Carrot
2 ¾ oz	Green kale
1 whole	Roma tomato
½ oz	Sliced almonds T
2 oz	Cream cheese M
2 (5 oz)	Barramundi fillets* F
1 tsp	Italian-style spices & dill

WHAT YOU'LL NEED

medium sauté pan
large nonstick pan
mixing bowls
measuring spoons
whisk
peeler
microplane
box grater
thermometer
cooking & olive oils
3 tbsp butter M
salt & pepper

ALLERGENS

T TREE NUTS (almonds) M MILK
F FISH (barramundi)

*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

- Zest whole **lemon** with a microplane (or on small holes of a box grater) into a small bowl. Quarter **lemon**.
- Mince **chives**.
- Cut top off **carrot** and peel. Grate **carrot** on large holes of a box grater into a medium bowl.
- Remove and discard any thick center stems from **green kale**. * Roughly chop leaves into bite-size pieces.
- Small dice **Roma tomato** into pieces, about ¼ 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 MAKE DRESSING & TOSS SALAD

- Squeeze juice from two **lemon wedges** over bowl with **lemon zest**. Add about half the **chives** and about 1 tablespoon olive oil to bowl. Lightly season with salt and pepper to taste. Whisk to combine.
- Add **sliced almonds** to bowl with **carrot**. Drizzle with **dressing**. Toss to combine.

3 COOK KALE & TOMATO

- Heat about 1 tablespoon cooking oil in a medium sauté pan over medium-high heat. Add **kale** and **tomato** to hot pan. Lightly season with salt and pepper. Cook 1-2 minutes, or until kale is tender, stirring occasionally.
- Add **cream cheese** and 3 tablespoons water to pan. Cook 1-2 minutes, or until cream cheese is incorporated, stirring occasionally.* Remove from heat.

**If your creamy kale is too thick, stir in a splash of water. If it's too thin, cook it a bit longer until reduced.*

4 SEASON & COOK BARRAMUNDI

- Pat **barramundi fillets** dry with paper towels. Season with **Italian-style spices and dill**, salt, and pepper.
- Heat about 1 ½ tablespoons cooking oil in a large nonstick pan over medium heat. Add **barramundi** to hot pan, skin-side up. Cook 2-3 minutes on each side, or until barramundi is fully cooked.
- Transfer **barramundi** to a cutting board. Carefully wipe out pan.

5 MAKE LEMON-BUTTER SAUCE

- Place 3 tablespoons butter in pan used for barramundi over low heat. Stir until melted. Add remaining **chives** and juice from one **lemon wedge** to pan (reserve remaining lemon wedge for another use). Stir to combine. Remove from heat.

6 PLATE YOUR DISH

- Divide **barramundi** between plates. Drizzle with **lemon-butter sauce**. Serve **creamy kale and tomato** and **carrot almond salad** on the side. Enjoy!



Nutrition Facts

2 Servings per container

Serving size (369g)

Amount per serving

Calories 680

	% Daily Value*
Total Fat 54g	69%
Saturated Fat 18g	90%
Trans Fat 0.5g	
Cholesterol 135mg	45%
Sodium 190mg	8%
Total Carbohydrate 17g	6%
Dietary Fiber 5g	18%
Total Sugars 5g	
Includes 0g Added Sugars	0%
Protein 36g	
Vitamin D 12mcg	60%
Calcium 200mg	15%
Iron 2mg	10%
Potassium 1049mg	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], Lemon, Chives, Italian-Style Spices & Dill (Italian Seasoning [basil, rosemary, marjoram, oregano, thyme], Dried Dill, Onion Powder, Black Pepper, Granulated Garlic), Green Kale, Roma Tomatoes, 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)], Almonds [almonds], Carrots

Allergen information:
Contains Tree Nuts, 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.