



**GREEN
CHEF**

SESAME-GINGER TILAPIA

sautéed cabbage & kale, smashed cucumbers with sesame seeds

COOK TIME

30 MIN

SERVINGS

2

CALORIES PER SERVING

570

NET CARBS PER SERVING

20 GRAMS

MENU

KETO // GLUTEN-FREE

Shichimi togarashi is a Japanese spice blend featuring red chili pepper, orange peel, and ginger. Here, it lends its spicy, complex flavors to delicate tilapia fillets, which are drizzled in a sweet and salty sesame-ginger sauce. A bed of sautéed cabbage and kale forms a nourishing base for the fish, while a side of smashed cucumbers tempers the heat.

INGREDIENTS (10 ITEMS)

1 whole **Cucumber**
 ¾ oz **Apple cider vinegar**
 2 tsp **Black & white sesame seeds**
 1 whole **Yellow onion**
 ¼ oz **Garlic**
 2¾ oz **Green kale**
 7 oz **Cabbage**
 2½ oz **Sesame-ginger amino sauce** **T**
 2 (5 oz) **Tilapia fillets*** **F**
 1 tsp **Shichimi togarashi**

WHAT YOU'LL NEED

medium & large sauté pans
 medium bowl
 measuring spoons
 peeler
 potato masher
 thermometer
 cooking oil
 2 tbsp butter **M**
 salt & pepper

ALLERGENS

T TREE NUTS (coconut)
F FISH (tilapia)
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.

*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 for safe cooking guidelines and to learn more about food allergens. Questions? Contact us at (888) 236-7295.

1 MARINATE CUCUMBERS

- Peel **cucumber** in alternating strips. Halve lengthwise. Scrape seeds out with a spoon. Lay flat and slice across into half moons, about ¼ inch thick.
- Place **cucumber** and **apple cider vinegar** in a medium bowl. Season with about ½ teaspoon salt. Add about half of the **black and white sesame seeds**. Stir to coat. Marinate about 5 minutes, stirring occasionally. (You'll finish the cucumbers in Step 3.)

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

- Cut ends off **yellow onion** and discard peel. Halve lengthwise; save one half for another use. Cut remaining half lengthwise into strips, about ¼ inch thick.
- Mince **garlic**.
- Remove and discard any thick center stems from **green kale***. Roughly chop leaves into bite-size pieces.

**The ingredient you received may be a different color.*

3 MAKE SMASHED CUCUMBERS

- Mash **marinated cucumbers** with a potato masher (or heavy bottomed glass), about 2 minutes.

4 COOK VEGGIES

- Heat about 2 tablespoons cooking oil in a large sauté pan over medium heat. Add **cabbage*** and **onion** to hot pan. Season with about ½ teaspoon salt and about ¼ teaspoon pepper. Stir to combine. Cook 3–4 minutes, or until onion is translucent, stirring occasionally.
- Add **garlic** and **kale**. Cook 3–4 minutes, or until kale is tender, stirring occasionally.
- Remove from heat. Add about half of the **sesame-ginger amino sauce**. Stir to combine.

**The ingredient you received may be a different color.*

5 SEASON & COOK TILAPIA

- Pat **tilapia fillets** dry with paper towels. Season with **shichimi togarashi***, salt, and pepper.
- Heat 2 tablespoons butter in a medium sauté pan over medium heat. Once pan is hot, add **tilapia**. Sear 2–3 minutes on each side, or until tilapia is fully cooked.

**If heat sensitive, use the shichimi togarashi sparingly, or omit entirely.*

6 PLATE YOUR DISH

- Divide **sautéed cabbage and kale** between plates. Top with **tilapia**. Drizzle with remaining **sesame-ginger amino sauce** to taste. Garnish with remaining **black and white sesame seeds**. Pile **smashed cucumbers** on the side. Enjoy!



Nutrition Facts

2 Servings per container

Serving size (537g)

Amount per serving

Calories 570

	% Daily Value*
Total Fat 38g	49%
Saturated Fat 11g	55%
Trans Fat 0g	
Cholesterol 85mg	28%
Sodium 1550mg	67%
Total Carbohydrate 26g	9%
Dietary Fiber 6g	21%
Total Sugars 10g	
Includes 0g Added Sugars	0%
Protein 31g	
Vitamin D 0mcg	0%
Calcium 156mg	10%
Iron 3mg	15%
Potassium 749mg	15%

* 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], **Cucumber**, **Garlic**, **Apple Cider Vinegar** [apple cider vinegar], **Red Cabbage**, **Green Cabbage**, **Yellow Onion**, **Shichimi Togarashi** [orange peel, black pepper, garlic, hulled sesame seeds, black sesame seeds, chili powder, poppy seeds, nori powder], **Sesame-Ginger Amino Sauce** (Garlic, Coconut Aminos [organic coconut tree sap, sea salt], Apple Cider Vinegar [apple cider vinegar], Puréed Ginger [ginger], Crushed Red Pepper Flakes, Coconut Nectar [coconut tree sap], Lemon Juice [lemon], Sesame Oil [refined sesame oil], Toasted Sesame Oil [toasted sesame oil]), **Black & White Sesame Seeds** (White Sesame Seeds, Black Sesame Seeds [black sesame seeds]), **Green Kale**

Allergen information:

Contains Tree Nuts 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.