



BARRAMUNDI WITH CREAMED KALE

sautéed yellow squash, Parmesan cheese

COOK TIME
30 MIN

SERVINGS
2

CALORIES PER SERVING
650

NET CARBS PER SERVING
14 GRAMS

MENU
KETO // GLUTEN-FREE

We've made this decadent seafood dish even more mouthwatering by pairing it with creamy kale. Reminiscent of creamed spinach, our version is sautéed in butter until wilted, then swirled with cream cheese, Parmesan, diced tomato, and a squeeze of lemon juice. Rich and creamy, with a touch of brightness, it's the perfect accompaniment to flaky barramundi fillets and sautéed yellow squash.

INGREDIENTS (9 ITEMS)

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

WHAT YOU'LL NEED

- medium nonstick pan
- large sauté pan
- baking sheet
- small bowl
- measuring cup & spoons
- microplane
- thermometer
- oven mitt
- cooking oil
- 3 tbsps 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 400 degrees.
- Cut ends off **yellow onion** and discard peel. Halve lengthwise; save one half for another use. Small dice remaining half into pieces, about ¼ inch each.
- Remove and discard any thick center stems from **green kale***. Finely chop leaves.
- Small dice **Roma tomato** into pieces, about ¼ inch each.
- Zest whole **lemon** with a microplane (or on small holes of a box grater) over a small bowl. Quarter **lemon**.
- Trim ends off **yellow squash***; discard. Halve lengthwise. Lay flat and slice across into half-moons, about ¼ inch thick.

**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 & COOK FISH

- Pat **barramundi fillets** dry with paper towels. Season with salt, pepper, and about half of the **garlic, paprika, and herb blend**.
- Heat about 1½ tablespoons cooking oil in a medium nonstick pan over medium-high heat. Add **barramundi**, skin sides up, to hot pan. Sear 3-4 minutes.
- Transfer **barramundi**, skin sides down, to a lightly oiled, foil-lined baking sheet. (Reserve pan.) Roast 8-10 minutes, or until fully cooked.

3 MAKE CREAMED KALE

- Heat 2 tablespoons butter in a large sauté pan over medium-high heat. Add **onion** to hot pan. Cook 2-3 minutes, or until translucent, stirring occasionally.
- Add **kale** and about ¼ cup water to pan. Cook 2-3 minutes, or until kale is wilted, stirring occasionally.
- Add **tomato, cream cheese, Parmesan cheese, lemon zest**, and 1 tablespoon butter. Squeeze juice from two **lemon wedges** over pan, removing any seeds. Season with salt and pepper. Stir to combine. Cook 1-2 minutes, or until cream cheese is incorporated, stirring occasionally.* Remove from heat.

**If the creamed kale is too thick, stir in a splash of water. If too thin, cook a bit longer until reduced.*

4 SAUTÉ SQUASH

- Heat about 1 tablespoon cooking oil in pan used for barramundi over medium-high heat. Add **squash** to hot pan. Season with remaining **garlic, paprika, and herb blend**, about ¼ teaspoon salt, and a pinch of pepper. Cook 3-4 minutes, or until fork-tender, stirring occasionally.

5 PLATE YOUR DISH

- Divide **barramundi** between plates. Place **creamed kale** and **sautéed squash** on the side. Serve with remaining **lemon wedges**. Enjoy!



Nutrition Facts

2 Servings per container

Serving size (484g)

Amount per serving

Calories 650

| | % Daily Value* |
|-------------------------------|----------------|
| Total Fat 48g | 62% |
| Saturated Fat 20g | 100% |
| Trans Fat 0.5g | |
| Cholesterol 150mg | 50% |
| Sodium 600mg | 26% |
| Total Carbohydrate 19g | 7% |
| Dietary Fiber 5g | 18% |
| Total Sugars 7g | |
| Includes 0g Added Sugars | 0% |
| Protein 41g | |
| Vitamin D 12mcg | 60% |
| Calcium 355mg | 25% |
| Iron 2mg | 10% |
| Potassium 1244mg | 25% |

* 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, Lemon, Yellow Squash, 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.