



**GREEN
CHEF**

BLACKENED TILAPIA

chipotle aioli with lime, roasted veggies, pepitas, guacamole

COOK TIME

30 MIN

SERVINGS

2

CALORIES PER SERVING

740

NET CARBS PER SERVING

29 GRAMS

MENU

PALEO // GLUTEN-FREE

Tonight's Creole-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 richness and freshness to every bite.

INGREDIENTS (10 ITEMS)

1 whole **Red onion***
 ½ oz **Pepitas**
 1 whole **Roma tomato**
 10¼ oz **Sweet potatoes**
 3½ oz **Cabbage**
 2 tsp **Cumin-anchó 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



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.

*Due to the varying nature of organic produce, we may have sent a larger onion than needed.

**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](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 425 degrees.
- Cut ends off **red onion** and discard peel. Halve lengthwise; save one half for another use. Slice remaining half into strips, about ¼ inch each.*
- Roughly chop **pepitas**.
- Small dice **Roma tomato** into pieces, about ¼ inch each.

**Use about ½ cup onion, saving the rest for another day. If you have a food scale, use 3 ounces to stay under 35 grams of net carbs per serving.*

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***, **onion**, 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

MIX 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. Add **tilapia** to hot pan. 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. Serve **roasted veggies and pepitas** and **guacamole** on the side. Enjoy!



Nutrition Facts

2 Servings per container

Serving size (469g)

Amount per serving

Calories **740**

	% Daily Value*
Total Fat 52g	67%
Saturated Fat 6g	30%
Trans Fat 0g	
Cholesterol 80mg	27%
Sodium 1170mg	51%
Total Carbohydrate 37g	13%
Dietary Fiber 8g	29%
Total Sugars 11g	
Includes 1g Added Sugars	2%
Protein 33g	
Vitamin D 0mcg	0%
Calcium 85mg	6%
Iron 3mg	15%
Potassium 850mg	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 certified humane free range egg yolks, water, distilled vinegar, salt, lime juice concentrate, citric acid, lime oil], Lime Juice [lime], Agave [organic agave syrup], Ground Chipotle Pepper, Ancho Chili Powder, Sea Salt), **Red Onion**, **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.