



**GREEN
CHEF**

ANCHO CHILI-SPICED TILAPIA

dirty rice with tomato, corn & scallion, pepitas, Cholula

COOK TIME

30 MIN

SERVINGS

2

CALORIES PER SERVING

690

MENU

GLUTEN-FREE

Our chefs took inspiration from bold, Louisiana-style flavors for tonight's fish dish. Mild tilapia is flavored with our smoky ancho, cumin, and oregano blend, then pan-seared until browned and flaky. It's served atop a bed of dirty rice strewn with tomato, corn, and garlic. A sprinkle of toasted pepitas adds a satisfying crunch, while spiced cilantro-lime crema and Cholula impart a creamy kick. You'll enjoy every bayou-inspired bite!

INGREDIENTS (10 ITEMS)

½ cup **Jasmine rice**
¼ oz **Garlic**
1 whole **Roma tomato**
1 whole **Scallion**
½ oz **Pepitas**
2¾ oz **Corn**
1¼ tsp **Ancho, cumin & oregano blend**
2 (5 oz) **Tilapia fillets*** **F**
2 tsp **Cholula sauce**
2¼ oz **Spiced cilantro-lime crema** **M**

WHAT YOU'LL NEED

small pot with lid
large sauté pan
large nonstick pan
measuring cup & spoons
thermometer
cooking oil
1 tbsp butter **M**
salt & pepper

ALLERGENS

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°.

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 COOK RICE

- Bring **jasmine rice**, 1 cup water, and about ¼ teaspoon salt to a boil in a small pot. Stir, then reduce heat to medium-low and cover pot with lid. Simmer 16-18 minutes, or until rice is tender and water has absorbed.
- Remove from heat. Let rest, covered, 3 minutes. Fluff with a fork. (You'll finish the rice in Step 6.)

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

- Mince **garlic**.
- Small dice **Roma tomato** into pieces, about ¼ inch each.
- Trim and thinly slice **scallion** at an angle.
- Roughly chop **pepitas** if necessary.

3 COOK VEGGIES

- Heat about 1½ tablespoons cooking oil in a large sauté pan over medium heat. Add **corn** to hot pan. Season with about ¼ teaspoon salt and a pinch of pepper. Cook 3-4 minutes, or until lightly browned, stirring occasionally.
- Add **garlic** and about half the **ancho, cumin, and oregano blend**. Cook 1-2 minutes, or until fragrant, stirring occasionally.
- Add **tomato**, about half the **scallion**, and 1 tablespoon butter. Cook 2-3 minutes, or until tomato is warmed through, stirring occasionally.

4 TOAST PEPITAS

- Place **pepitas** in a dry, large nonstick pan over medium heat. Toast 2-3 minutes, or until fragrant, shaking pan frequently.
- Transfer **pepitas** to a plate.

5 SEASON & COOK TILAPIA

- Pat **tilapia fillets** dry with paper towels. Season with salt, pepper, and remaining **ancho, cumin, and oregano blend**.
- Heat about 1½ tablespoons cooking oil in pan used for pepitas over medium heat. Add **tilapia** to hot pan. Sear 2-3 minutes on each side, or until fully cooked.

6 MAKE DIRTY RICE

- Transfer **rice** to pan with **veggies**. Add **Cholula sauce** to taste. Stir to combine. Season with salt and pepper to taste.*

**Taste the dirty rice after seasoning and adjust as needed. Add Cholula a little bit at a time until the desired level of spiciness has been achieved.*

7 PLATE YOUR DISH

- Divide **dirty rice** between plates. Top with **ancho chili-spiced tilapia**. Drizzle with **spiced cilantro-lime crema** to taste. Garnish with **toasted pepitas** and remaining **scallion**. Serve with any remaining **Cholula** on the side. Enjoy!



Nutrition Facts

2 Servings per container

Serving size (361g)

Amount per serving

Calories 690

	% Daily Value*
Total Fat 36g	46%
Saturated Fat 10g	50%
Trans Fat 0g	
Cholesterol 90mg	30%
Sodium 880mg	38%
Total Carbohydrate 57g	21%
Dietary Fiber 2g	7%
Total Sugars 6g	
Includes 0g Added Sugars	0%
Protein 35g	
Vitamin D 0mcg	0%
Calcium 57mg	4%
Iron 2mg	10%
Potassium 318mg	6%

* 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], **Pepitas** [pumpkin seed kernels], **Corn** [corn], **Jasmine Rice** [jasmine rice], **Scallions**, **Roma Tomatoes**, **Garlic**, **Cholula Sauce** [water, peppers (arbol & piquin), salt, vinegar, garlic powder, spices, xanthan gum], **Cilantro-Lime Crema** (Cilantro, Sour Cream [cultured cream], Lime Juice [lime], Sea Salt, Ground Coriander, Granulated Garlic), **Ancho, Cumin & Oregano Blend** (Granulated Garlic, Onion Powder, Ground Cumin, Ancho Chili Powder, Dried Oregano, Chili Powder [chili pepper, paprika, oregano, cumin, garlic, salt, spices])

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.