

**GREEN
CHEF**

SPICED TILAPIA WITH AVOCADO-LIME CREMA

roasted butternut squash, sautéed bell pepper & onion, pepitas

COOK TIME

30 MIN

SERVINGS

2

CALORIES PER SERVING

750

NET CARBS PER SERVING

20 GRAMS

MENU

KETO // GLUTEN-FREE

White fish has a reputation for being mild in flavor, but this vibrant dish blows that scuttlebutt right out of the water. Tilapia fillets are seasoned with our bold orange-chili spice blend, then pan-seared until flaky and tender. For some delicious contrast, the fish is drizzled with a creamy avocado sauce (made from a mix of guacamole and cilantro-lime crema). On the side, there's roasted butternut squash and buttery sautéed bell pepper and onion. A sprinkle of pepitas adds a craveable crunch to each bite. Take that, drab dinners past!



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 (8 ITEMS)

8¾ oz **Butternut squash**
1 tbsp **Orange-chili spice blend**
1 unit **Red bell pepper***
1 whole **Red onion**
½ oz **Pepitas**
2 oz **Guacamole**
2 oz **Cilantro-lime crema** ^M
2 (5 oz) **Tilapia fillets**** ^F

WHAT YOU'LL NEED

medium nonstick pan
large sauté pan
baking sheet
small bowl
measuring spoons
peeler
thermometer
oven mitt
cooking oil
2 tbsp butter ^M
salt & pepper

ALLERGENS

^M MILK

^F FISH (tilapia)

*Due to the varying nature of organic produce, we may have sent a larger bell pepper 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 START PREP & ROAST SQUASH

- Preheat oven to 400 degrees.
- Remove any seeds from **butternut squash** with a spoon. Carefully peel with a sharp peeler.* Medium dice into pieces, about ½ inch each.
- Spread **squash** out in a single layer on a lightly oiled, foil-lined baking sheet. Season with about 1 teaspoon of the **orange-chili spice blend**, about ½ teaspoon salt, and about ¼ teaspoon pepper. Drizzle with about 1½ tablespoons cooking oil. Stir to coat.
- Roast 20-22 minutes, or until fork-tender, stirring halfway through.

**If you don't have a sharp peeler, carefully use a sharp knife. Place squash cut sides down, then slice away the skin, curving your knife with the shape of the squash as you go.*

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 FINISH PREP

- Cut **red bell pepper*** lengthwise into strips, about ¼ inch thick.**
- Cut ends off **red onion** and discard peel. Halve lengthwise; save one half for another use. Cut remaining half lengthwise into strips, about ¼ inch thick.

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

***Use enough bell pepper to match the size of a baseball, saving the rest for another day. If you have a food scale, use 7 ounces to stay under 20 grams of net carbs per serving.*

3 TOAST PEPITAS

- Place **pepitas** in a dry medium nonstick pan over medium heat. Toast 2-3 minutes, or until fragrant, shaking pan frequently.
- Transfer **pepitas** to cutting board and allow to cool. (Reserve pan.) Roughly chop.

4 MAKE CREMA

- Place **guacamole** and **cilantro-lime crema** in a small bowl. Stir to combine. Season with salt and pepper to taste.

5 COOK BELL PEPPER & ONION

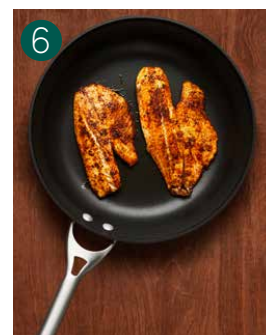
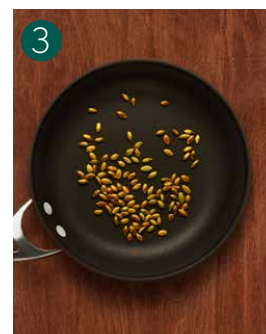
- Heat about 1½ tablespoons cooking oil in a large sauté pan over medium-high heat. Add **bell pepper** and **onion** to hot pan. Lightly season with salt and pepper. Cook 3-4 minutes, or until slightly softened, stirring occasionally.
- Add 2 tablespoons butter to pan. Cook 1-2 minutes, or until butter has melted and veggies are coated and softened, stirring occasionally. Remove from heat.

6 SEASON & COOK FISH

- Pat **tilapia fillets** dry with paper towels. Season both sides with salt, pepper, and remaining **orange-chili spice blend**.
- Heat about 1½ tablespoons cooking oil in pan used for pepitas over medium heat. Once pan is hot, add **tilapia**. Sear 2-3 minutes on each side, or until fully cooked.

7 PLATE YOUR DISH

- Divide **tilapia** between plates. Spoon **avocado-lime crema** over top. Garnish with **toasted pepitas**. Serve **sautéed bell pepper and onion** and **roasted butternut squash** next to tilapia. Enjoy!



Nutrition Facts

2 Servings per container

Serving size (469g)

Amount per serving

Calories 750

	% Daily Value*
Total Fat 57g	73%
Saturated Fat 16g	80%
Trans Fat 0g	
Cholesterol 100mg	33%
Sodium 860mg	37%
Total Carbohydrate 27g	10%
Dietary Fiber 7g	25%
Total Sugars 9g	
Includes 0g Added Sugars	0%
Protein 32g	
Vitamin D 0mcg	0%
Calcium 106mg	8%
Iron 3mg	15%
Potassium 792mg	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], **Orange-Chili Spice Blend** (Sweet Paprika, Onion Powder, Granulated Garlic, Dried Orange Peel, Ground Chipotle Pepper, Ancho Chili Powder, Chili Powder, Dried Oregano), **Bell Peppers**, **Guacamole** [hass avocados, distilled vinegar, contains 2% or less of water, jalapeño peppers, salt, dehydrated onion, granulated garlic.], **Cilantro-Lime Crema** (Cilantro, Granulated Garlic, Sour Cream [cultured cream], Lime Juice [lime], Sea Salt), **Butternut Squash**, **Pepitas** [pumpkin seed kernels], **Red Onion**

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.