



CARIBBEAN-SPICED TILAPIA

coconut lime rice, mango salsa, creamy chimichurri

COOK TIME
30 MIN

SERVINGS
2

CALORIES PER SERVING
710

MENU
GLUTEN-FREE

This island-inspired dish is brimming with sweet and savory flavors that will transport your taste buds to sunnier weather (no SPF required). Tilapia fillets are seasoned with a paprika and orange spice blend and seared to a tender, flaky finish. They're served over fluffy jasmine rice mixed with shredded coconut and lime zest, then draped in mango salsa and creamy chimichurri sauce.

INGREDIENTS (10 ITEMS)

- ½ cup **Jasmine rice**
- 3½ oz **Mangos**
- 1 whole **Roma tomato**
- 1 whole **Lime**
- ¾ oz **Agave**
- ½ tsp **Crushed red pepper flakes**
- 2 (5 oz) **Tilapia fillets*** F
- 1 tsp **Paprika & orange spice blend**
- ¼ oz **Shredded coconut** T
- 2¾ oz **Creamy chimichurri sauce** E S

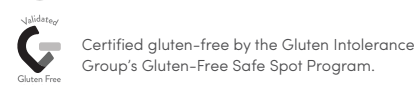
WHAT YOU'LL NEED

- small pot with lid
- large nonstick pan
- mixing bowls
- measuring cup & spoons
- microplane
- thermometer
- cooking & olive oils
- salt & pepper

ALLERGENS

- F FISH (tilapia) T TREE NUTS (coconut)
- E EGGS S SOY

COOKING TIP 4 If you ordered the 4-serving version of this meal, refer to the guidelines in Step 1.



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 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. (You'll finish the rice in Step 4.)

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 & MAKE SALSA

- Roughly chop **mangos** if necessary (reserve any juice in pouch).
- Small dice **Roma tomato** into pieces, about ¼ inch each.
- Zest whole **lime** with a microplane (or on small holes of a box grater) over a small bowl. Quarter **lime**.
- Place **mangos** (with any reserved juice), **tomato**, **agave**, and about 1 teaspoon olive oil in a medium bowl. Squeeze juice from two **lime wedges** over bowl. Season with **crushed red pepper flakes*** to taste. Stir to combine. Season with salt and pepper to taste.

**If heat sensitive, use crushed red pepper flakes sparingly, or omit entirely.*

3 SEASON & COOK FISH

- Pat **tilapia fillets** dry with paper towels. Season with **paprika and orange spice blend**, salt, and pepper.
- Heat about 1½ tablespoons cooking oil in a large nonstick pan over medium heat. Add **tilapia** to hot pan. Sear 2-3 minutes on each side, or until fully cooked.

4 FINISH RICE

- Fluff **rice** with a fork. Add **shredded coconut** and **lime zest**. Stir to combine.

5 PLATE YOUR DISH

- Divide **coconut lime rice** between plates. Top with **Caribbean-spiced tilapia**. Spoon **mango salsa** over top. Drizzle with **creamy chimichurri sauce** to taste. Serve with remaining **lime wedges**. Enjoy!



Nutrition Facts

2 Servings per container

Serving size (389g)

Amount per serving

Calories **710**

	% Daily Value*
Total Fat 38g	49%
Saturated Fat 7g	35%
Trans Fat 0g	
Cholesterol 65mg	22%
Sodium 860mg	37%
Total Carbohydrate 66g	24%
Dietary Fiber 4g	14%
Total Sugars 16g	
Includes 7g Added Sugars	14%
Protein 31g	
Vitamin D 0mcg	0%
Calcium 43mg	4%
Iron 2mg	10%
Potassium 371mg	8%

* 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], **Paprika & Orange Spice Blend** (Sweet Paprika, Smoked Paprika, Dried Orange Peel, Dried Parsley, Sea Salt, Black Pepper), **Creamy Chimichurri** (Yellow Onions, Parsley, Garlic, Dried Oregano, Sea Salt, Black Pepper, Crushed Red Pepper Flakes, Apple Cider Vinegar [apple cider vinegar], Lemon Juice [lemon], Sunflower Oil [high oleic sunflower oil], Mayonnaise [organic expeller pressed soybean oil, water, organic egg yolks, organic whole eggs, organic distilled white vinegar, salt, organic white mustard (organic distilled vinegar, water, organic mustard seeds, salt, organic spices), organic lemon juice concentrate]), **Crushed Red Pepper Flakes**, **Agave** [organic agave syrup], **Lime**, **Roma Tomatoes**, **Mangos** [mango], **Jasmine Rice** [jasmine rice], **Shredded Coconut** [coconuts]

Allergen information:

Contains Tree Nuts, Egg, Soy 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.