



**GREEN
CHEF**

TILAPIA WITH GARLIC SHIITAKE SAUCE

broccoli, bell pepper, cabbage & cashew stir-fry

COOK TIME

25 MIN

SERVINGS

2

CALORIES PER SERVING

760

NET CARBS PER SERVING

17 GRAMS

MENU

KETO // GLUTEN-FREE

The earthy, savory flavors of dried shiitake mushrooms (brought back to life with a quick five-minute soak) star in tonight's craveable sauce. They're sautéed with garlic and an umami-packed mushroom sauce, then spooned over flaky tilapia fillets to complement the light and buttery fish. A colorful veggie stir-fry makes a nourishing side, while a sprinkle of sesame seeds adds a nutty crunch over the top.

INGREDIENTS (11 ITEMS)

⅓ oz **Dried shiitake mushrooms**
 6 oz **Broccoli**
 1 unit **Red bell pepper**
 1 oz **Roasted cashews** **T**
 ¼ oz **Garlic**
 3½ oz **Cabbage & carrots**
 ½ tsp **Crushed red pepper flakes**
 ¾ oz **Toasted sesame oil**
 1¼ oz **Mushroom amino sauce** **T**
 2 (5 oz) **Tilapia fillets*** **F**
 1 tsp **Black & white sesame seeds**

WHAT YOU'LL NEED

small pot
 large sauté pan
 large nonstick pan
 small bowl
 measuring cup & spoons
 thermometer
 cooking oil
 2 tbsp butter **M**
 salt & pepper

ALLERGENS

T TREE NUTS (cashews, coconut)
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 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

- Roughly chop **dried shiitake mushrooms**. Place in a small bowl. Cover with about ½ cup water. Let soak about 5 minutes, or until softened (reserve soaking liquid).
- Cut **broccoli** into bite-size pieces if necessary.
- Cut **red bell pepper*** lengthwise into strips, about ¼ inch thick. Halve strips widthwise.
- Roughly chop **roasted cashews** if necessary.
- Mince **garlic**.

**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

STIR-FRY VEGGIES

- Heat about 1½ tablespoons cooking oil in a large sauté pan over medium-high heat. Add **broccoli**, **bell pepper**, and **cabbage*** and **carrots** to hot pan. Season with about ¼ teaspoon salt, about ¼ teaspoon pepper, and **crushed red pepper flakes**** to taste. Cook 6–8 minutes, or until broccoli is tender, stirring occasionally.
- Remove from heat. Add **cashews**. Drizzle with **toasted sesame oil** to taste. Stir to combine.

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

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

3

MAKE SHIITAKE SAUCE

- Heat 2 tablespoons butter and about 1½ tablespoons cooking oil in a small pot over medium heat. Add **garlic**. Cook 2–3 minutes, or until fragrant, stirring frequently.
- Add **mushrooms** (with reserved soaking liquid) and **mushroom amino sauce**. Simmer 3–4 minutes, or until sauce has slightly reduced, stirring occasionally. Remove from heat.

4

SEASON & COOK FISH

- Pat **tilapia fillets** dry with paper towels. Season with salt and pepper.
- Heat about 1½ tablespoons cooking oil in a large nonstick pan over medium heat. Once pan is hot, add **tilapia**. Sear 2–3 minutes on each side, or until fully cooked.
- Transfer **garlic shiitake sauce** to pan. Bring to a simmer. Cook 1–2 minutes, or until sauce has reduced by about half, stirring **sauce** frequently.

5

PLATE YOUR DISH

- Divide **tilapia** between plates. Spoon **garlic shiitake sauce** over top. Serve **veggie stir-fry** on the side. Garnish with **black and white sesame seeds**. Enjoy!



Nutrition Facts

2 Servings per container

Serving size (399g)

Amount per serving

Calories **760**

	% Daily Value*
Total Fat 61g	78%
Saturated Fat 14g	70%
Trans Fat 0g	
Cholesterol 85mg	28%
Sodium 630mg	27%
Total Carbohydrate 23g	8%
Dietary Fiber 6g	21%
Total Sugars 9g	
Includes 0g Added Sugars	0%
Protein 33g	
Vitamin D 4mcg	20%
Calcium 113mg	8%
Iron 4mg	20%
Potassium 677mg	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], **Garlic**, **Dried Shiitake Mushrooms** [dried shiitake mushrooms], **Broccoli**, **Bell Peppers**, **Carrots**, **Red Cabbage**, **Cashews** [cashews, canola and/or peanut and/or sunflower oil], **Toasted Sesame Oil** [toasted sesame oil], **Crushed Red Pepper Flakes**, **Mushroom Amino Sauce** (Coconut Aminos [organic coconut nectar, organic pure coconut blossom sap, natural unrefined sea salt], Mushroom Broth [water, organic mushrooms, sea salt, organic garlic], Kelp Granules [organic raw kelp], Garlic, Lemon Juice [lemon]), **Black & White Sesame Seeds** (White Sesame Seeds [hulled sesame seeds], Black Sesame Seeds [black sesame seeds])

Allergen information:

Contains Tree Nuts 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.