



# ITALIAN HERB-SEASONED BARRAMUNDI

*kale, artichoke & roasted red pepper couscous, almonds*

**COOK TIME**  
25 MIN

**SERVINGS**  
2

**CALORIES PER SERVING**  
600

**MENU**  
MEDI // FAST & FIT

Our chefs took buttery, flaky barramundi and dressed it up to the nines. The fish fillets are dusted with a garlic, paprika, and herb blend, then seared until juicy. For even more flavor, they're drizzled with a white-wine and olive oil vinaigrette. Briny artichoke hearts, sautéed kale, and roasted red peppers combine with toasted pearl couscous to form a hearty base. A sprinkle of toasted almonds finishes the dish.

**INGREDIENTS (10 ITEMS)**

- 1 whole **Vegetable stock concentrate**
- ½ cup **Toasted pearl couscous** W
- ½ oz **Sliced almonds** T
- 2¾ oz **Green kale**
- 1 whole **Shallot**
- 1¼ oz **Artichoke hearts**
- 2 (5 oz) **Barramundi fillets\*** F
- 1¾ tsp **Garlic, paprika & herb blend**
- 1 oz **Roasted red peppers**
- 1¼ oz **White-wine & olive oil vinaigrette**

**WHAT YOU'LL NEED**

- small pot
- medium nonstick pan
- large sauté pan
- measuring cup & spoons
- thermometer
- cooking & olive oils
- salt & pepper

**ALLERGENS**

- W WHEAT
- T TREE NUTS (almonds)
- F FISH (barramundi)

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

\*Barramundi 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](http://greenchef.com/faq) for safe cooking guidelines and to learn more about food allergens. Questions? Contact us at (888) 236-7295.

**GREEN CHEF IS PROUD** to be a USDA Certified Organic company. All produce and eggs are organic unless otherwise labeled.

## 1 COOK COUSCOUS

- Bring 1¼ cups water, **vegetable stock concentrate**, and ¼ teaspoon salt to a boil in a small pot. Add **toasted pearl couscous** to boiling water. Stir, then reduce heat to medium low. Simmer 11-14 minutes, or until couscous is al dente and water has absorbed.
- Remove from heat. Drizzle with 1 teaspoon olive oil. Stir to coat.

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

- Roughly chop **sliced almonds**.
- Remove and discard any thick center stems from **green kale\***. Roughly chop leaves into bite-size pieces.
- Cut ends off **shallot** and discard peel. Halve lengthwise. Lay flat and small dice into pieces, about ¼ inch each.
- Roughly chop **artichoke hearts**.

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

## 3 TOAST ALMONDS

- Place **almonds** in a dry large sauté pan over medium heat. Toast 3-4 minutes, or until fragrant, shaking pan frequently.
- Transfer **almonds** to a plate. (Reserve pan.)

## 4 SEASON & COOK FISH

- Pat **barramundi fillets** dry with paper towels. Place on a plate. Season with **garlic, paprika, and herb blend**, salt, and pepper. Drizzle with 1 teaspoon cooking oil. Rub to coat.
- Heat 1 teaspoon cooking oil in a medium nonstick pan over medium-high heat. Add **barramundi**, skin sides up, to hot pan. Sear 4-8 minutes on each side, or until fully cooked.
- Transfer **barramundi** to a second plate.

## 5 COOK VEGGIES & ADD COUSCOUS

- Heat 1 tablespoon cooking oil in pan used for almonds over medium heat. Add **kale** and **shallot** to hot pan. Cook 2-3 minutes, or until kale is wilted, stirring occasionally.
- Add **artichokes** and **roasted red peppers**. \* Stir to combine. Cook about 1 minute, or until veggies are warmed through, stirring occasionally. Season with salt and pepper to taste.
- Add **couscous**. Stir to combine. Season with salt and pepper to taste.

\*If the pan seems dry while cooking, add another tablespoon cooking oil.

## 6 PLATE YOUR DISH

- Divide **kale, artichoke, and roasted red pepper couscous** between plates. Top with **Italian herb-seasoned barramundi**. Drizzle barramundi with **white-wine and olive oil vinaigrette**. Garnish with **toasted almonds**. Enjoy!



## Nutrition Facts

2 Servings per container

**Serving size** (314g)

Amount per serving

**Calories** **600**

	% Daily Value*
<b>Total Fat</b> 31g	40%
Saturated Fat 5g	25%
Trans Fat 0g	
<b>Cholesterol</b> 75mg	25%
<b>Sodium</b> 740mg	32%
<b>Total Carbohydrate</b> 42g	15%
Dietary Fiber 5g	18%
Total Sugars 7g	
Includes 2 Added Sugars	4%
<b>Protein</b> 37g	
Vitamin D 12mcg	60%
Calcium 107mg	8%
Iron 3mg	15%
Potassium 837mg	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:

**Barramundi** [barramundi], **Garlic, Paprika & Herb Blend** (Granulated Garlic, Sweet Paprika, Italian Seasoning [basil, rosemary, marjoram, oregano, thyme], Dried Parsley, Onion Powder), **Toasted Pearl Couscous** [pearled couscous (wheat flour)], **Shallot, Roasted Red Peppers** [bell pepper], **White Wine Vinaigrette** (White Wine Vinegar [aged white wine vinegar], Agave [organic agave syrup], Dijon Mustard [water, organic mustard seeds, organic vinegar, salt, organic turmeric, organic spices], Lemon Juice [lemon], Sea Salt, Black Pepper, Olive Oil [olive oil]), **Green Kale, Almonds** [almonds], **Vegetable Stock Concentrate** [vegetable juice concentrates (tomato, mushroom, onion, carrot, celery), sugar, maltodextrin, salt, yeast extract, and natural flavor], **Artichoke Hearts** [hearts of artichokes, water, salt, citric acid]

### Allergen information:

Contains Tree Nuts, Wheat 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.*