



**GREEN
CHEF**

BARRAMUNDI WITH CHIPOTLE LIME AÏOLI

kale salad with mangos, cabbage, carrots & almonds

COOK TIME

20 MIN

SERVINGS

2

CALORIES PER SERVING

680

NET CARBS PER SERVING

17 GRAMS

MENU

KETO // PALEO // GLUTEN-FREE
// FAST & FIT

This Cuban-inspired supper is a breeze to prepare, and it's ready to eat in just 20 minutes! Barramundi fillets are seasoned with a savory spice blend (featuring coriander, cilantro, and dried orange peel), then seared until flaky. A drizzle of our zesty chipotle aioli adds creamy heat to the fish, while a kale, cabbage, and carrot salad—tossed with mangos for bursts of sweetness—rounds out the meal.

INGREDIENTS (9 ITEMS)

3½ oz **Mangos**
1 whole **Scallion**
3½ oz **Lacinato kale**
1¾ oz **Cumin-oregano lime vinaigrette**
3½ oz **Cabbage & carrots**
2 (5 oz) **Barramundi fillets*** **F**
1 tsp **Cuban spice blend**
1½ oz **Chipotle aioli with lime** **E**
½ oz **Sliced almonds** **T**

WHAT YOU'LL NEED

medium nonstick pan
large bowl
measuring spoons
thermometer
cooking oil
salt & pepper

ALLERGENS

F FISH (barramundi)
E EGGS
T TREE NUTS (almonds)



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.

*Barramundi 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

PREP

- Roughly chop **mangos**.
- Trim and thinly slice **scallion**.

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

MESSAGE KALE

- Remove and discard any thick center stems from **lacinato kale**. Roughly chop leaves into bite-size pieces.
- Place **kale** in a large bowl. Drizzle with about half the **cumin-oregano lime vinaigrette**. Lightly season with salt. Massage until leaves soften.

3

MAKE SALAD

- Add **mangos**, **cabbage*** and **carrots**, and **scallion** to bowl with **kale**. Drizzle with remaining **vinaigrette** to taste. Toss to combine. Season with salt and pepper to taste.

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

4

SEASON & COOK BARRAMUNDI

- Pat **barramundi fillets** dry with paper towels. Season with **Cuban spice blend**, salt, and pepper. Drizzle with 1 tablespoon cooking oil. Rub to coat.
- Heat 1½ tablespoons cooking oil in a medium nonstick pan over medium-high heat. Add **barramundi**, skin sides up, to hot pan. Sear 3–6 minutes on each side, or until fully cooked.

5

PLATE YOUR DISH

- Divide **barramundi** between plates. Drizzle with **chipotle aïoli with lime** to taste. Serve **kale salad with mangos** on the side. Garnish with **sliced almonds**. Enjoy!



Nutrition Facts

2 Servings per container

Serving size (354g)

Amount per serving

Calories 680

	% Daily Value*
Total Fat 55g	71%
Saturated Fat 8g	40%
Trans Fat 0g	
Cholesterol 95mg	32%
Sodium 650mg	28%
Total Carbohydrate 22g	8%
Dietary Fiber 5g	18%
Total Sugars 13g	
Includes 3g Added Sugars	6%
Protein 32g	
Vitamin D 12mcg	60%
Calcium 126mg	10%
Iron 2mg	10%
Potassium 1015mg	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], **Chipotle-Lime Aioli** (Avocado Oil Mayonnaise [avocado oil, organic eggs, organic egg yolks, organic vinegar, sea salt, organic rosemary extract], Lime Juice [lime], Agave [organic agave syrup], Ground Chipotle Pepper, Ancho Chili Powder, Sea Salt), **Red Cabbage**, **Cuban Spice Blend** [dehydrated vegetables (garlic, onion, green bell pepper, tomato), spices (cumin, black pepper, oregano, coriander), salt, paprika (color), cilantro, and orange peel], **Carrots**, **Mangos** [mango], **Seasoned Lime Vinaigrette** (Lime Juice [lime], Ground Cumin, Dried Oregano, Sea Salt, Black Pepper, Olive Oil [olive oil], Agave [organic agave syrup]), **Scallions**, **Almonds** [almonds], **Lacinato Kale**

Allergen information:

Contains Tree Nuts, Egg 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.