



**GREEN  
CHEF**

## BARRAMUNDI WITH LEMON CHIVE BUTTER

*kale salad with almonds, dates & tomato*

### COOK TIME

30 MIN

### SERVINGS

2

### CALORIES PER SERVING

650

### NET CARBS PER SERVING

13 GRAMS

### MENU

KETO // GLUTEN-FREE

It's amazing how three ingredients can really transform a dish. Here, lemon juice and chives come together with melted butter to give barramundi the culinary equivalent of a glow up. The flaky fish is served with an equally exciting kale salad tossed in a lemon-basil dressing with briny capers to jazz everything up for the big reveal on your dinner plate.

### INGREDIENTS (9 ITEMS)

1 whole **Lemon**  
 ⅛ oz **Chives**  
 2¾ oz **Lacinato kale**  
 ½ oz **Roasted almonds** <sup>T</sup>  
 ¾ oz **Dates**  
 1 whole **Roma tomato**  
 2¼ oz **Lemon-basil caper sauce**  
 2 (5 oz) **Barramundi fillets\*** <sup>F</sup>  
 ½ tsp **Italian-style spices & dill**

### WHAT YOU'LL NEED

large nonstick pan  
 mixing bowls  
 measuring spoons  
 whisk  
 microplane  
 thermometer  
 cooking oil  
 3 tbsp butter <sup>M</sup>  
 salt & pepper

### ALLERGENS

<sup>T</sup> TREE NUTS (almonds)  
<sup>F</sup> FISH (barramundi)  
<sup>M</sup> 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.

\*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](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

- Zest half the **lemon** with a microplane (or on small holes of a box grater) over a small bowl. Quarter **lemon**.
- Mince **chives**.
- Remove and discard any thick center stems\* from **lacinato kale**. Roughly chop leaves into bite-size pieces.
- Roughly chop **roasted almonds**.
- Cut **dates** widthwise into slices, about ¼ inch thick.
- Small dice **Roma tomato** into pieces, about ¼ inch each.

*\*To quickly prep, hold the stem end with one hand; pinch and strip the leaves down and away with your other hand (like pulling a zipper!).*

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 MAKE LEMON CAPER DRESSING

- Add **lemon-basil caper sauce** and about half the **chives** to bowl with **lemon zest**. Whisk to combine. Lightly season with salt and pepper to taste.

## 3 MAKE SALAD

- Place **kale** in a large bowl. Drizzle with 1 tablespoon **lemon caper dressing**. Lightly season with salt. Massage until leaves soften.
- Add **almonds**, **dates**, and **tomato**. Drizzle with remaining **dressing**. Toss to combine.

## 4 SEASON &amp; COOK BARRAMUNDI

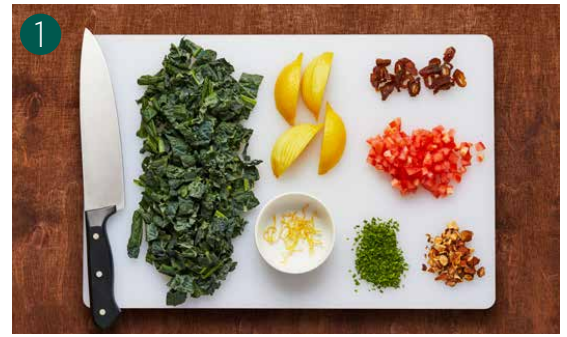
- Pat **barramundi fillets** dry with paper towels. Season with **Italian-style spices and dill**, salt, and pepper.
- Heat about 1½ tablespoons cooking oil in a large nonstick pan over medium heat. Add **barramundi**, skin sides up, to hot pan. Cook 4-6 minutes on each side, or until fully cooked.
- Turn off heat. Transfer **barramundi** to a plate. Carefully wipe out pan.

## 5 MAKE LEMON CHIVE BUTTER

- Melt 3 tablespoons butter in pan used for barramundi over low heat. Add remaining **chives** and juice from one **lemon wedge** to pan. Stir to combine.

## 6 PLATE YOUR DISH

- Divide **barramundi** between plates. Drizzle with **lemon chive butter**. Serve **kale salad** and remaining **lemon wedges** on the side. Enjoy!





**Nutrition Facts**

2 Servings per container

**Serving size** (323g)

**Amount per serving**

**Calories** 650

	% Daily Value*
<b>Total Fat</b> 52g	67%
Saturated Fat 17g	85%
Trans Fat 0.5g	
<b>Cholesterol</b> 120mg	40%
<b>Sodium</b> 180mg	8%
<b>Total Carbohydrate</b> 17g	6%
Dietary Fiber 4g	14%
Total Sugars 10g	
Includes 0g Added Sugars	0%
<b>Protein</b> 32g	
Vitamin D 12mcg	60%
Calcium 118mg	10%
Iron 2mg	10%
Potassium 939mg	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], **Lemon**, **Chives**, **Lacinato Kale**, **Roma Tomatoes**, **Dates** [organic dried pitted dates], **Almonds** [almonds], **Lemon-Basil Caper Sauce** (Lemon Juice [lemon], White Balsamic Vinegar [aged white wine vinegar and must of white grapes], Basil, Capers [capers, water, vinegar, salt], Olive Oil [olive oil]), **Italian-Style Spices & Dill** (Italian Seasoning [basil, rosemary, marjoram, oregano, thyme], Dried Dill, Onion Powder, Black Pepper, Granulated Garlic)

**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.*