



BLACKENED TILAPIA

dirty rice with tomato, corn & celery, paprika aioli, pecans

COOK TIME 25 MIN	SERVINGS 2	CALORIES PER SERVING 650	MENU GLUTEN-FREE // FAST & FIT
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Our chefs took inspiration from big, bold Creole flavors for tonight's fish dish. Mild tilapia is flavored with blackening spices (think: peppercorns, earthy-sweet paprika, and flavorful herbs), then pan-seared until deeply browned and flaky. It's served atop a bed of dirty rice strewn with tomato, corn, and celery. A sprinkle of pecans adds a satisfying crunch, while a drizzle of vegan paprika-Dijon aioli imparts a creamy kick. Psst—don't forget to douse the dish with fresh lime juice for a deliciously tangy punch! You'll enjoy every Bayou-inspired bite.

COOKING FOR 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.

INGREDIENTS (11 ITEMS)

½ cup	Jasmine rice
1¾ oz	Celery
1 whole	Yellow onion
1 whole	Roma tomato
1 whole	Scallion
1 whole	Lime
½ oz	Pecans T
2¾ oz	Corn
2 (5 oz)	Tilapia fillets* F
1 tsp	Blackening spices
1¾ oz	Vegan paprika-Dijon aioli

WHAT YOU'LL NEED

small pot with lid
large sauté pan
large nonstick pan
small bowl
measuring cup & spoons
microplane
thermometer
cooking oil
salt & pepper

ALLERGENS

- T TREE NUTS (pecans)
- F FISH (tilapia)

*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 COOK RICE

- Bring **jasmine rice**, 1 cup water, and 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. Fluff with a fork. (You'll finish the rice in Step 5.)

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

- Small dice **celery** into pieces, about ¼ inch each.
- Cut ends off **yellow onion** and discard peel. Halve lengthwise; save one half for another use. Small dice remaining half into pieces, about ¼ inch each.
- Small dice **Roma tomato** into pieces, about ¼ inch each.
- Trim and thinly slice **scallion** at an angle.
- Zest whole **lime** with a microplane (or on small holes of a box grater) over a small bowl. Quarter **lime**.
- Roughly chop **pecans** if necessary.

3 COOK VEGGIES

- Heat 2 teaspoons cooking oil in a large sauté pan over medium heat. Add **corn, celery, and onion** to hot pan. Season with ¼ teaspoon salt and a pinch of pepper. Cook 3-4 minutes, or until corn and onion are lightly browned, stirring occasionally.
- Add **tomato** and about half of the **scallion**. Cook 2-3 minutes, or until celery is tender, stirring occasionally. Remove from heat.

4 SEASON & COOK TILAPIA

- Pat **tilapia fillets** dry with paper towels. Season with **blackening spices** and salt.
- Heat 2 teaspoons 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.
- Transfer **tilapia** to a plate.

5 MAKE DIRTY RICE

- Transfer **rice** to pan with **veggies**. Add **lime zest**. Stir to combine. Season with salt and pepper to taste.*

**Taste the dirty rice after seasoning and adjust as needed. Adding salt and pepper throughout the cooking process is key to a delicious final product.*

6 PLATE YOUR DISH

- Divide **dirty rice** between plates. Top with **blackened tilapia**. Drizzle with **vegan paprika-Dijon aioli** to taste. Sprinkle with **pecans** and remaining **scallion**. Serve with **lime wedges**. Enjoy!



Nutrition Facts

2 Servings per container

Serving size (433g)

Amount per serving

Calories 650

	% Daily Value*
Total Fat 30g	38%
Saturated Fat 3g	15%
Trans Fat 0g	
Cholesterol 55mg	18%
Sodium 850mg	37%
Total Carbohydrate 64g	23%
Dietary Fiber 5g	18%
Total Sugars 8g	
Includes 0g Added Sugars	0%
Protein 33g	
Vitamin D 0mcg	0%
Calcium 59mg	4%
Iron 2mg	10%
Potassium 430mg	10%

* 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], **Blackening Spices** [paprika (color), dehydrated onion, spices (black pepper, white pepper, red pepper, thyme, oregano), dehydrated garlic, and salt], **Jasmine Rice** [jasmine rice], **Corn** [corn], **Scallions**, **Yellow Onion**, **Roma Tomatoes**, **Lime**, **Celery**, **Pecans** [pecans, canola and/or peanut and/or sunflower oil], **Paprika-Dijon Aioli** (Vegan Mayonnaise [sunflower oil, organic aquafaba (water, chickpeas), fair trade organic cane sugar, sea salt, distilled vinegar, water, organic lemon juice, acacia gum, xanthan gum, black pepper], Dijon Mustard [water, organic mustard seeds, organic vinegar, salt, organic turmeric, organic spices], Sweet Paprika, Smoked Paprika, Dried Thyme, Dried Basil, Dried Oregano, White Pepper, Granulated Garlic, Lemon Juice [lemon])

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.