



**GREEN  
CHEF**

## BARRAMUNDI WITH CHIPOTLE LIME AÏOLI

*sliced almonds, kale salad with cabbage, carrots & mangos*

### COOK TIME

20 MIN

### SERVINGS

2

### CALORIES PER SERVING

660

### NET CARBS PER SERVING

17 GRAMS

### MENU

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

This zesty seafood 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 aïoli 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 **Lacinato kale**  
3½ oz **Mangos**  
1 whole **Scallion**  
1¾ oz **Cumin-oregano lime vinaigrette**  
3½ oz **Cabbage & carrots**  
2 (5 oz) **Barramundi fillets\*** **F**  
1 tsp **Cuban spice blend**  
1¼ oz **Chipotle aïoli 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](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**

- Remove and discard any thick center stems\* from **lacinato kale**. Roughly chop leaves into bite-size pieces.
- Roughly chop **mangos** (discard any excess juice).
- Trim and thinly slice **scallion**.

*\*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

**MASSAGE KALE**

- 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 **cabbage\*** and **carrots, mangos, 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 aioli with lime** to taste. Serve **kale salad** on the side. Garnish with **sliced almonds**. Enjoy!





## Nutrition Facts

2 Servings per container

**Serving size** (352g)

**Amount per serving**

**Calories** **660**

	% Daily Value*
<b>Total Fat</b> 53g	68%
Saturated Fat 8g	40%
Trans Fat 0g	
<b>Cholesterol</b> 90mg	30%
<b>Sodium</b> 620mg	27%
<b>Total Carbohydrate</b> 22g	8%
Dietary Fiber 5g	18%
Total Sugars 13g	
Includes 3g Added Sugars	6%
<b>Protein</b> 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.*