



TILAPIA WITH SPICY SCALLION AÏOLI

roasted sweet potatoes, broccoli, bell pepper, cashews

COOK TIME 30 MIN	SERVINGS 2	CALORIES PER SERVING 630	NET CARBS PER SERVING 35 GRAMS	MENU PALEO // GLUTEN-FREE
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Our spicy scallion aïoli features avocado mayo, garlic, ginger, lime, and a dash of hot sauce, bringing a tangy kick to flaky tilapia. The fillets are seasoned with an aromatic paprika-orange spice blend, then pan-seared until succulent. Roasted sweet potatoes, broccoli, and red bell pepper—dusted with red pepper flakes for a touch of heat—round out the nourishing meal.

INGREDIENTS (10 ITEMS)

- 6 oz **Broccoli**
- 1 unit **Red bell pepper**
- 1 whole **Scallion**
- ½ oz **Roasted cashews** T
- 10¼ oz **Sweet potatoes**
- 2 oz **Yellow onions & ginger**
- ½ tsp **Crushed red pepper flakes**
- 2 oz **Spicy ginger-lime aïoli** E
- 2 (5 oz) **Tilapia fillets*** F
- 1 tsp **Paprika & orange spice blend**

WHAT YOU'LL NEED

- large nonstick pan
- baking sheet
- medium bowl
- measuring spoons
- thermometer
- oven mitt
- cooking oil
- salt & pepper

ALLERGENS

- T TREE NUTS (cashews)
- E EGGS
- F FISH (tilapia)



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.

*Tilapia 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

- Preheat oven to 425 degrees.
- Cut **broccoli** into bite-size pieces if necessary.
- Cut **red bell pepper*** lengthwise into strips, about ¼ inch thick. Halve strips widthwise.
- Trim and thinly slice **scallion**.
- Roughly chop **roasted cashews** if necessary.

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

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 SEASON & ROAST VEGGIES

- Place **sweet potatoes, broccoli, bell pepper,** and **yellow onions and ginger** in a medium bowl. Drizzle with about 1½ tablespoons cooking oil. Season with about ½ teaspoon salt, a pinch of pepper, and **crushed red pepper flakes*** to taste. Stir to coat.
- Spread **veggies** out in a single layer on a lightly oiled, foil-lined baking sheet. Roast 20–22 minutes, or until fork-tender, stirring halfway through.

**If heat sensitive, use crushed red pepper flakes sparingly, or omit entirely.*

3 MAKE SCALLION AÏOLI

- Place **spicy ginger-lime aïoli** and **scallion** in bowl used for veggies. Stir to combine.

4 SEASON & COOK FISH

- Pat **tilapia fillets** dry with paper towels. Season with **paprika and orange spice blend**.
- Heat about 1½ tablespoons cooking oil in a large nonstick pan over medium heat. Once pan is hot, add **tilapia**. Sear 2–3 minutes on each side, or until fully cooked.

5 PLATE YOUR DISH

- Divide **tilapia fillets** between plates. Spoon **spicy scallion aïoli** over top. Serve **roasted veggies** on the side. Garnish with **cashews**. Enjoy!



Nutrition Facts

2 Servings per container

Serving size (493g)

Amount per serving

Calories **630**

	% Daily Value*
Total Fat 38g	49%
Saturated Fat 5g	25%
Trans Fat 0g	
Cholesterol 70mg	23%
Sodium 1230mg	53%
Total Carbohydrate 43g	16%
Dietary Fiber 8g	29%
Total Sugars 11g	
Includes 0g Added Sugars	0%
Protein 33g	
Vitamin D 0mcg	0%
Calcium 108mg	8%
Iron 3mg	15%
Potassium 966mg	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:

Tilapia [tilapia], **Scallions**, **Spicy Ginger-Lime Aioli** (Avocado Oil Mayonnaise [avocado oil, organic eggs, organic egg yolks, organic vinegar, sea salt, organic rosemary extract], Hot Sauce [water, organic red bell peppers, organic onions, organic tomatoes (organic tomato puree [water, organic tomato paste], citric acid), organic white wine vinegar, sea salt, organic garlic powder, organic cayenne, xanthan gum], Lime Juice [lime], Puréed Ginger [ginger], Garlic), **Broccoli**, **Sweet Potatoes**, **Bell Peppers**, **Crushed Red Pepper Flakes**, **Yellow Onions**, **Ginger** [organic ginger, organic cane sugar, organic rice vinegar, citric acid], **Cashews** [cashews, canola and/or peanut and/or sunflower oil], **Paprika & Orange Spice Blend** (Sweet Paprika, Smoked Paprika, Dried Orange Peel, Dried Parsley, Sea Salt, Black Pepper)

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.