



**GREEN
CHEF**

ITALIAN HERB-SEASONED BARRAMUNDI

kale, artichoke & roasted red pepper couscous, almonds

COOK TIME

25 MIN

SERVINGS

2

CALORIES PER SERVING

610

MENU

MEDITERRANEAN // FAST & FIT

Our chefs took buttery, flaky barramundi and dressed it to the nines. The fish fillets are dusted with a garlic, paprika, and herb blend, then seared until juicy. For even more flavor, they're drizzled with a white-wine and olive oil vinaigrette. Briny artichoke hearts, sautéed kale, and roasted red peppers combine with toasted pearl couscous to form a hearty base. A sprinkle of toasted almonds finishes the dish.

INGREDIENTS (10 ITEMS)

1 whole	Vegetable stock concentrate
½ cup	Toasted pearl couscous ^W
½ oz	Sliced almonds ^T
4 oz	Green kale
1 whole	Shallot
1¾ oz	Artichoke hearts
2 (5 oz)	Barramundi fillets* ^F
1¾ tsp	Garlic, paprika & herb blend
1 oz	Roasted red peppers
¼ oz	White-wine & olive oil vinaigrette

WHAT YOU'LL NEED

small pot
medium nonstick pan
large sauté pan
measuring cup & spoons
thermometer
cooking & olive oils
salt & pepper

ALLERGENS

^W WHEAT
^T TREE NUTS (almonds)
^F FISH (barramundi)



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.

*Barramundi is fully cooked when internal temperature reaches 145 degrees.

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 COUSCOUS

- Bring 1¼ cups water, **vegetable stock concentrate**, and ¼ teaspoon salt to a boil in a small pot. Add **toasted pearl couscous** to boiling water. Stir, then reduce heat to medium low. Simmer 11-14 minutes, or until couscous is al dente and water has absorbed.
- Remove from heat. Drizzle with 1 teaspoon olive oil. Stir to coat. (You'll finish the couscous 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

- Roughly chop **sliced almonds**.
- Remove and discard any thick center stems from **green kale***. Roughly chop leaves into bite-size pieces.
- Cut ends off **shallot** and discard peel. Halve lengthwise. Lay flat and small dice into pieces, about ¼ inch each.
- Roughly chop **artichoke hearts**.

*The ingredient you received may be a different color.

3 TOAST ALMONDS

- Place **almonds** in a dry, large sauté pan over medium heat. Toast 3-4 minutes, or until fragrant, shaking pan frequently.
- Transfer **almonds** to a plate. (Reserve pan.)

4 SEASON & COOK FISH

- Pat **barramundi fillets** dry with paper towels. Place on a plate. Season with **garlic, paprika, and herb blend**, salt, and pepper. Drizzle with 1 teaspoon cooking oil. Rub to coat.
- Heat 1 teaspoon cooking oil in a medium nonstick pan over medium-high heat. Add **barramundi**, skin sides up, to hot pan. Sear 4-8 minutes on each side, or until fully cooked.
- Transfer **barramundi** to a second plate.

5 COOK VEGGIES & FINISH COUSCOUS

- Heat 1 tablespoon cooking oil in pan used for almonds over medium heat. Add **kale** and **shallot** to hot pan. Cook 2-3 minutes, or until kale is wilted, stirring occasionally.
- Add **artichokes** and **roasted red peppers**. * Cook about 1 minute, or until veggies are warmed through, stirring occasionally. Season with salt and pepper to taste.
- Add **couscous**. Stir to combine. Season with salt and pepper to taste.

*If the pan seems dry while cooking, add another tablespoon cooking oil.

6 PLATE YOUR DISH

- Divide **kale, artichoke, and roasted red pepper couscous** between plates. Top with **Italian herb-seasoned barramundi**. Drizzle with **white-wine and olive oil vinaigrette**. Garnish with **toasted almonds**. Enjoy!



Nutrition Facts

2 Servings per container

Serving size (341g)

Amount per serving

Calories **610**

	% Daily Value*
Total Fat 32g	41%
Saturated Fat 5g	25%
Trans Fat 0g	
Cholesterol 75mg	25%
Sodium 780mg	34%
Total Carbohydrate 44g	16%
Dietary Fiber 6g	21%
Total Sugars 6g	
Includes 2g Added Sugars	4%
Protein 37g	
Vitamin D 12mcg	60%
Calcium 139mg	10%
Iron 3mg	15%
Potassium 965mg	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], **Garlic, Paprika & Herb Blend** (Granulated Garlic, Sweet Paprika, Italian Seasoning [basil, rosemary, marjoram, oregano, thyme], Dried Parsley, Onion Powder), **Toasted Pearl Couscous** [pearled couscous (wheat flour)], **Shallot, Roasted Red Peppers** [bell pepper], **White Wine Vinaigrette** (White Wine Vinegar [aged white wine vinegar], Agave [organic agave syrup], Dijon Mustard [water, organic mustard seeds, organic vinegar, salt, organic turmeric, organic spices], Lemon Juice [lemon], Sea Salt, Black Pepper, Olive Oil [olive oil]), **Green Kale, Almonds** [almonds], **Vegetable Stock Concentrate** [vegetable juice concentrates (tomato, mushroom, onion, carrot, celery), sugar, maltodextrin, salt, yeast extract, and natural flavor], **Artichoke Hearts** [hearts of artichokes, water, salt, citric acid]

Allergen information:

Contains Tree Nuts, Wheat 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.