



**GREEN
CHEF**

SWEET CHILI-GARLIC TILAPIA

scallion rice, cabbage, carrots & cashew stir-fry

COOK TIME

25 MIN

SERVINGS

2

CALORIES PER SERVING

610

MENU

GLUTEN-FREE // FAST & FIT

There's no lack of flavor in this sublime seafood supper. Tilapia is drizzled with a sweet chili-garlic sauce that's equal parts sweet and savory, with a touch of heat. Alongside the tilapia, there's a bright stir-fry with cabbage, carrots, and celery (plus a touch of crunchy cashews), and aromatic jasmine rice flecked with scallion. This seafaring meal is filled with color and infused with flavor—and it comes together effortlessly.



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.

INGREDIENTS (8 ITEMS)

1 whole	Scallion
½ cup	Jasmine rice
1¾ oz	Celery
2 oz & ¼ oz	Yellow onions & ginger
½ oz	Roasted cashews ^T
3½ oz	Cabbage & carrots
2 (5 oz)	Tilapia fillets ^F
2 oz	Sweet chili-garlic tamari sauce ^S

WHAT YOU'LL NEED

small pot with lid
large sauté pan
large nonstick pan
medium bowl
measuring cup & spoons
cooking oil
1 tbsp butter ^M
salt & pepper

ALLERGENS

^T TREE NUTS (cashews)
^F FISH (tilapia)
^S SOY
^M MILK

*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 START PREP & COOK RICE

- Trim and thinly slice **scallion**, separating whites from greens.
- Heat 1 teaspoon cooking oil in a small pot over medium-high heat. Add **scallion whites** to hot pot. Cook about 1 minute, or until fragrant, stirring occasionally.
- Stir in **jasmine rice**, 1 cup water, and ¼ teaspoon salt. Bring to a boil, 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.

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 FINISH PREP

- Slice **celery** across at an angle into pieces, about ¼ inch each.

3 MAKE STIR-FRY

- Heat 1 tablespoon cooking oil in a large sauté pan over medium-high heat. Add **yellow onions and ginger, roasted cashews, cabbage* and carrots**, and **celery** to hot pan. Season with salt and pepper. Cook 4-5 minutes, or until veggies are tender, stirring frequently.
- Transfer **veggies** to a medium bowl. (Carefully wipe out pan.)

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

4 COOK FISH

- Pat **tilapia fillets** dry with paper towels. Season with salt and pepper.
- Heat 1 tablespoon 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. Remove from heat.

**Use silicone or wooden utensils to avoid scratching your pan.*

5 COOK SAUCE

- Add **sweet chili-garlic tamari sauce** to pan used for veggies over medium high heat. Cook 1-2 minutes, or until sauce is warmed through. Remove from heat.
- Add 1 tablespoon butter. Stir until butter has melted.

6 PLATE YOUR DISH

- Divide **scallion rice** between plates. Top with **veggie stir-fry**. Serve **tilapia** on the side. Pour **sweet chili-garlic sauce** over top. Garnish with **scallion greens**. Enjoy!



Nutrition Facts

2 Servings per container

Serving size (363g)

Amount per serving

Calories 610

	% Daily Value*
Total Fat 26g	33%
Saturated Fat 6g	30%
Trans Fat 0g	
Cholesterol 70mg	23%
Sodium 930mg	40%
Total Carbohydrate 62g	23%
Dietary Fiber 3g	11%
Total Sugars 12g	
Includes 7g Added Sugars	14%
Protein 33g	
Vitamin D 0mcg	0%
Calcium 58g	4%
Iron 2mg	10%
Potassium 398mg	8%

* 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], **Sweet Chili Sauce** (Gluten-Free Tamari Sauce [water, soybeans, salt, sugar, alcohol, vinegar, lactic acid], Rice Wine Vinegar [rice vinegar diluted with water to 4.3% acidity], Crushed Red Pepper Flakes, Garlic, Honey [honey], Ascorbic Acid [ascorbic acid]), **Jasmine Rice** [jasmine rice], **Celery**, **Carrots**, **Red Cabbage**, **Ginger** [organic ginger, organic cane sugar, organic rice vinegar, citric acid], **Yellow Onions**, **Cashews** [cashews, canola and/or peanut and/or sunflower oil], **Scallions**

Allergen information:
Contains Tree Nuts, Soy 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.