



**GREEN
CHEF**

BARRAMUNDI WITH TERIYAKI MUSHROOM SAUCE

garlic rice, lime slaw

COOK TIME

30 MIN

SERVINGS

2

CALORIES PER SERVING

670

MENU

GLUTEN-FREE

With just seven delicious ingredients, this fish-forward meal comes together in a flash. First, you'll cook garlic rice, forming the bed for flaky seared barramundi simmered in a shiitake-infused teriyaki sauce. A slaw made with cabbage and carrots tossed with lime dressing adds a refreshing note to the meal. Psst—for even more zesty flavor, we recommend squeezing lime juice all over.

INGREDIENTS (7 ITEMS)

¼ oz **Garlic**
 ½ cup **Jasmine rice**
 ⅓ oz **Dried shiitake mushrooms**
 1 whole **Lime**
 5¼ oz **Cabbage & carrots**
 2 (5 oz) **Barramundi fillets*** **F**
 2¾ oz **Gluten-free teriyaki sauce** **S**

WHAT YOU'LL NEED

small pot with lid
 medium nonstick pan
 mixing bowls
 measuring cup & spoons
 whisk
 thermometer
 cooking & olive oils
 1 tbsp butter **M**
 1½ tsp sweetener
 salt & pepper

ALLERGENS

F FISH (barramundi) **S** SOY
M MILK



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 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

- Mince **garlic**.
- Melt 1 tablespoon butter in a small pot over medium heat. Add **jasmine rice** and **garlic** to hot pot. Cook 1-2 minutes, or until rice is lightly toasted, stirring frequently.
- Add 1 cup water, about ¼ teaspoon salt, and about ¼ teaspoon pepper. Bring to a boil. Stir, then reduce heat to medium low and cover pot with lid. Simmer 16-18 minutes, or until rice is tender and water is 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 PREP

- Finely chop **dried shiitake mushrooms**. Place in a small bowl. Cover with about ½ cup water. Let soak about 5 minutes, or until softened (discard soaking liquid).
- Quarter **lime**.
- Roughly chop **cabbage*** and **carrots** if necessary.

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

3 MAKE DRESSING & SLAW

- Place 2 tablespoons olive oil and 1½ teaspoons of your preferred sweetener in a medium bowl. Squeeze juice from three **lime wedges** over bowl. Whisk to combine. Season with salt and pepper to taste.
- Place **cabbage and carrots** in bowl with **lime dressing**. Toss to combine. Season with salt and pepper to taste.

4 SEASON & SEAR FISH

- Pat **barramundi fillets** dry with paper towels. Season with salt and pepper.
- Heat about 1 tablespoon cooking oil in a medium nonstick pan* over medium-high heat. Add **barramundi**, skin sides up, to hot pan. Sear 3-4 minutes on each side.

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

5 FINISH FISH

- Reduce heat to medium. Drizzle flesh sides of **barramundi** with **gluten-free teriyaki sauce** and 2 tablespoons water.
- Add **mushrooms** to pan. Simmer 5-6 minutes, or until barramundi is fully cooked and sauce has thickened, stirring **sauce** occasionally.

6 PLATE YOUR DISH

- Divide **garlic rice** between plates. Top with **barramundi**. Drizzle with remaining **teriyaki mushroom sauce** from pan. Serve **lime slaw** on the side. Squeeze juice from remaining **lime wedge** over plates. Enjoy!



Nutrition Facts

2 Servings per container

Serving size (384g)

Amount per serving

Calories 670

	% Daily Value*
Total Fat 32g	41%
Saturated Fat 8g	40%
Trans Fat 0g	
Cholesterol 90mg	30%
Sodium 1050mg	46%
Total Carbohydrate 65g	24%
Dietary Fiber 4g	14%
Total Sugars 7g	
Includes 4g Added Sugars	8%
Protein 32g	
Vitamin D 15mcg	80%
Calcium 63mg	4%
Iron 1mg	6%
Potassium 831mg	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], **Gluten-Free Teriyaki Sauce** [water, tamari (water, soybeans, salt, alcohol), cane sugar, apple cider vinegar, ginger, sesame oil, sea salt, tapioca starch, xanthan gum, lemon juice concentrate, garlic, onion, black pepper, red pepper, ginger, citric acid)], **Jasmine Rice** [jasmine rice], **Garlic, Dried Shiitake Mushrooms** [dried shiitake mushrooms], **Lime, Green Cabbage, Red Cabbage, Carrots**

Allergen information:
Contains 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.