



COOK TIME **25 MIN** CALORIES PER SERVING **410** NET CARBS PER SERVING **18 GRAMS**



CARIBBEAN-SPICED TILAPIA & MANGO SALSA

coconut-lime cauliflower "rice," creamy vegan chimichurri sauce

With all of the vibrant tropical flavors in this meal, it's easy to feel like you're dining beachside. Tilapia fillets are seasoned with a flavorful paprika and orange blend, seared to perfection, and served atop cauliflower "rice" with shredded coconut and bright lime zest. The fish is next-leveled with a savory-sweet mango salsa that you'll customize to your desired level of spiciness with chili flakes. A finishing drizzle of parsley and cilantro chimichurri sauce delivers creamy, herby notes to the dish.

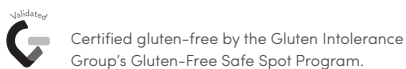
2 SERVINGS 4 SERVINGS		INGREDIENTS
3½ oz	7 oz	Mangos
1 whole	2 whole	Roma tomato
1 whole	2 whole	Lime
1 tsp	1 tsp	Chili flakes
6½ oz	13 oz	Cauliflower "rice"
2 (5 oz)	4 (5 oz)	Tilapia fillets* F
1 tsp	2 tsp	Paprika & orange spice blend
¼ oz	½ oz	Shredded coconut T
2 oz	4 oz	Creamy vegan chimichurri sauce

WHAT YOU'LL NEED

- medium & large sauté pans
- mixing bowls
- measuring spoons
- microplane
- thermometer
- nonstick cooking spray
- sugar (1 tsp | 2 tsp)

ALLERGENS

- F FISH (tilapia)
- T TREE NUTS (coconut)



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](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

- Roughly chop **mangos** if necessary (reserve any juice in pouch).
- Small dice **Roma tomato** into pieces, about ¼ inch each.
- Zest **lime** with a microplane (or on small holes of a box grater) over a small bowl. Quarter **lime**.



2

MAKE SALSA

- Place **mangos** (with any reserved juice), **tomato**, and 1 teaspoon sugar (**2 teaspoons for 4 servings**) in a medium bowl. Squeeze juice from two **lime wedges (four wedges for 4)** over bowl. Season with **chili flakes*** to taste. Stir to combine.

**If heat sensitive, use chili flakes sparingly, or omit entirely.*



3

START CAULIFLOWER "RICE"

- Heat a medium sauté pan (**large sauté pan for 4 servings**) over medium-high heat. Remove from heat and lightly coat with nonstick cooking spray. Return to heat and add **cauliflower "rice"** to hot pan. Cook 3-4 minutes, or until lightly browned, stirring occasionally. Remove from heat. (You'll finish the cauliflower "rice" in Step 5.)



4

SEASON & COOK TILAPIA

- Pat **tilapia fillets** dry with paper towels. Season with **paprika and orange spice blend**.
- Heat a large sauté pan (**second large sauté pan for 4 servings**) over medium-high heat. Remove from heat and lightly coat with nonstick cooking spray. Return to heat and add **tilapia** to hot pan. Sear 2-3 minutes on each side, or until tilapia is fully cooked.



5

FINISH CAULIFLOWER "RICE"

- Add **lime zest** and half the **shredded coconut** to pan with **cauliflower "rice."** (Reserve remaining coconut for another use.) Stir to combine.



6

PLATE YOUR DISH

- Divide **coconut-lime cauliflower "rice"** and **Caribbean-spiced tilapia** between plates. Spoon **mango salsa** over tilapia. Drizzle with **creamy vegan chimichurri sauce** to taste. Serve with remaining **lime wedges**. Enjoy!

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Caribbean-Spiced Tilapia with Mango Salsa

Nutrition Facts

2 servings per container

Serving size

1 (432g)

Amount per serving

Calories

410

% Daily Value*

Total Fat 22g **28%**

Saturated Fat 6g **30%**

Trans Fat 0g

Cholesterol 75mg **25%**

Sodium 610mg **27%**

Total Carbohydrate 24g **9%**

Dietary Fiber 6g **21%**

Total Sugars 14g

Includes 2g Added Sugars **4%**

Protein 33g

Vitamin D 0mcg 0%

Calcium 70mg 6%

Iron 2.3mg 15%

Potassium 1090mg 25%

* The % Daily Values (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.

INGREDIENTS: TILAPIA, CAULIFLOWER, MANGO, LIME, TOMATO, CREAMY VEGAN CHIMICHURRI SAUCE (VEGAN MAYONNAISE (SOYBEAN OIL, WATER, WHITE DISTILLED VINEGAR, SUGAR, SALT, MODIFIED FOOD STARCH, XANTHAN GUM, LEMON JUICE CONCENTRATE, SODIUM BENZOATE, NATURAL FLAVORS, CALCIUM DISODIUM EDTA (TO PROTECT FRESHNESS), PAPRIKA OLEORESIN, LESS THAN 2% CHICKPEA PROTEIN, LIME JUICE CONCENTRATE, ROSEMARY OLEORESIN, SPICES, ACACIA GUM, XANTHAN GUM), CANOLA OIL, ONION, APPLE CIDER VINEGAR (APPLE CIDER VINEGAR, CONTAINS SULFITES), CILANTRO, PARSLEY, LEMON JUICE (WATER, LEMON JUICE CONCENTRATE), GARLIC, SEA SALT, DRIED OREGANO, CRUSHED RED PEPPER FLAKES, BLACK PEPPER), SHREDDED COCONUT (ORGANIC COCONUT), SUGAR**, PAPRIKA & ORANGE SPICE BLEND (SEA SALT, DRIED ORANGE PEEL, SWEET PAPRIKA, BLACK PEPPER, SMOKED PAPRIKA ((PAPRIKA, SILICON DIOXIDE, ETHOXYQUIN)), DRIED PARSLEY), CHILI FLAKES (CHILLI FLAKES WITH SEED).

CONTAINS: COCONUT, TILAPIA

**Information derived from the USDA's FoodData Central is used in the nutrition analysis, ingredient list, and allergen declaration of pantry items. Pantry items are found in the "What You'll Need" section of the recipe card.

Perishable Keep Refrigerated. It is recommended to consume recipes with shellfish and fish first. Produced in a facility that processes milk, eggs, fish, shellfish, tree nuts, peanuts, wheat, sesame, and soy beans.

Net Wt. 29.8oz (844.8g)

Caribbean-Spiced Tilapia with Mango Salsa

Nutrition Facts

4 servings per container

Serving size

1 (432g)

Amount per serving

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Saturated Fat 6g **30%**

Trans Fat 0g

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Sodium 610mg **27%**

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Net Wt. 59.6oz (1688.7g)