



COOK TIME **30 MIN** CALORIES PER SERVING **660** NET CARBS PER SERVING **17 GRAMS**




TILAPIA WITH OLIVE PEPPER RELISH

caper sauce, kale salad with dates, feta & almonds

Olive pepper relish—reminiscent of a tapenade—is a standout on tonight’s flavorful flaky fish. You’ll mix together briny kalamata olives, roasted red peppers, lemon zest, and spicy chili flakes, then spoon that over the lemony, herb-seasoned tilapia before roasting. Once cooked, the fish gets a drizzle of lemon-basil caper sauce to top it off. On the side, there’s a bright kale salad featuring sweet dates, salty feta cheese, and crunchy almonds to round out this meal.

MORE IS MORE
If you upgraded your meal to double your protein or veggies, you may need to cook in batches or larger cooking vessels. Remember: Larger batches may = longer cook times, so follow the visual and temperature cues.
 For CUSTOMIZE nutritional information, please refer to GreenChef.com.

 Validated 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.

2 SERVINGS 4 SERVINGS		INGREDIENTS
½ oz	1 oz	Kalamata olives
1 whole	2 whole	Lemon
3½ oz	7 oz	Kale
¾ oz	1½ oz	Dates
½ oz	1 oz	Roasted almonds ^T
1 oz	2 oz	Roasted red peppers
1 tsp	1 tsp	Chili flakes
2 (5 oz)	4 (5 oz)	Tilapia fillets* ^F
1 tsp	2 tsp	Lemon pepper & herb seasoning
2 oz	4 oz	Feta cheese ^M
¼ oz	2½ oz	Lemon-basil caper sauce

WHAT YOU’LL NEED

- baking sheet
- mixing bowls
- measuring spoons
- whisk
- microplane
- thermometer
- oven mitt
- cooking & olive oils
- salt & pepper

ALLERGENS

- ^T TREE NUTS (almonds)
- ^F FISH (tilapia)
- ^M MILK

*Tilapia is fully cooked when internal temperature reaches 145°.

Wash and dry fresh produce. Wash hands and surfaces after handling raw pork, meat, poultry, fish, shellfish, or eggs. Consuming raw or undercooked pork, meat, poultry, fish, shellfish, or eggs 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.
- Roughly chop **Kalamata olives**.
- Zest half the **lemon** with a microplane (or on small holes of a box grater) over a small bowl. Quarter **lemon**.
- Remove and discard any thick center stems* from **kale**. Roughly chop leaves into bite-size pieces.
- Roughly chop **dates**.
- Roughly chop **roasted almonds**.

**To quickly prep, hold the stem end with one hand; pinch and strip the leaves down and away with your other hand (like pulling a zipper!).*



If you modified your meal, refer to the cooking instructions on the CUSTOMIZE card and use them as a guide to modify your recipe as needed.

2

MAKE OLIVE PEPPER RELISH

- Add **olives** and **roasted red peppers** to bowl with **lemon zest**. Drizzle with 1 tablespoon olive oil (**2 tablespoons for 4 servings**). Season with **chili flakes*** to taste. Stir to combine.

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

3

SEASON & ROAST TILAPIA

- Pat **tilapia fillets** dry with paper towels. Place on a plate. Season with **lemon pepper and herb seasoning**, salt, and pepper. Drizzle with 1-2 teaspoons cooking oil (**2-4 teaspoons for 4 servings**). Rub to coat.
- Place seasoned **tilapia** on a lightly oiled, foil-lined baking sheet. Spoon **olive pepper relish** over **tilapia**.
- Roast 15-18 minutes, or until tilapia is fully cooked.

4

MAKE LEMON DRESSING

- Squeeze juice from 1-2 **lemon wedges** (**2-4 wedges for 4 servings**) into a large bowl. Add 2 tablespoons olive oil (**4 tablespoons for 4**). Whisk to combine. Season with salt and pepper to taste.

5

MAKE SALAD

- Add **kale** to bowl with **lemon dressing**. Lightly season with salt. Massage until leaves soften.
- Add **dates**, **feta cheese**, and **almonds**. Toss to combine.

6

PLATE YOUR DISH

- Divide **tilapia with olive pepper relish** between plates. Drizzle with **lemon-basil caper sauce**. Mound **kale salad with dates, feta, and almonds** next to tilapia. Serve remaining **lemon wedges** on the side. Enjoy!

**MORE TO LOVE!**

Explore Green Chef's expanded menu, with more variety than ever! Now offering 80+ unique, weekly options to choose from.

Tilapia with Olive Pepper Relish

Nutrition Facts

2 servings per container

Serving size

1 (522g)

Amount per serving

Calories

820

% Daily Value*

Total Fat 51g **65%**

Saturated Fat 11g **55%**

Trans Fat 0g

Cholesterol 175mg **58%**

Sodium 870mg **38%**

Total Carbohydrate 23g **8%**

Dietary Fiber 6g **21%**

Total Sugars 10g

Includes 0g Added Sugars **0%**

Protein 48g

Vitamin D 0mcg 0%

Calcium 260mg 20%

Iron 3.6mg 20%

Potassium 1130mg 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, KALE, LEMON, FETA CHEESE (PASTEURIZED MILK, SALT, CHEESE CULTURE, ENZYMES, POWDERED CELLULOSE, POTATO STARCH, NATAMYCIN), OLIVE OIL**, LEMON-BASIL CAPER SAUCE (OLIVE OIL, BASIL, LEMON JUICE (WATER, LEMON JUICE CONCENTRATE), CAPERS (CAPERS, WATER, SEA SALT, CITRIC ACID), WHITE BALSAMIC VINEGAR (WHITE WINE VINEGAR, CONCENTRATED GRAPE MUST)), ROASTED RED PEPPERS, DATES, KALAMATA OLIVES (PITTED KALAMATA OLIVES, WATER, RED WINE VINEGAR, SEA SALT, SUNFLOWER OIL, GRAPE MUST), ROASTED ALMONDS, LEMON PEPPER & HERB SEASONING (SEA SALT, LEMON-PEPPER HERB BLEND (LEMON PEEL, BLACK PEPPER, GARLIC, ONION), GRANULATED GARLIC, DRIED PARSLEY, DRIED OREGANO, GROUND CUMIN), CHILI FLAKES (CHILLI FLAKES WITH SEED).

CONTAINS: ALMONDS, MILK, 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. 34.7oz (984.6g)

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Net Wt. 69.4oz (1967.1g)