



In your box

- 8 oz. Green Beans
- 1 oz. Butter
- 1.26 oz. Mayonnaise
- 12 oz. Red Potatoes
- 1/3 cup Tempura Mix
- 1/2 oz. Preserved Lemons
- 2 oz. Light Cream Cheese
- 6 Chive Sprigs
- 6 fl. oz. Canola Oil

Customize It Options

- 12 oz. Mahi-Mahi Fillets
- 13 1/2 oz. Organic Boneless Skinless Chicken Breasts
- 13 oz. Boneless Skinless Chicken Breasts

*Contains: milk, eggs, wheat

You will need

Olive Oil, Salt, Pepper, Cooking Spray
Colander, Medium Non-Stick Pan, Baking Sheet, Medium Pot, 2 Mixing Bowls

Minimum Internal Protein Temperature

145°	Steak	Pork	Lamb	Seafood
160°	Ground Beef		Ground Pork	
165°	Chicken		Ground Turkey	

Culinary Collection



Crispy Fried Mahi-Mahi and Preserved Lemon Tartar Sauce

with green beans and mashed potatoes

NUTRITION per serving—Calories: 856, Carbohydrates: 58g, Sugar: 8g, Fiber: 6g, Protein: 40g, Sodium: 1607mg, Fat: 54g, Saturated Fat: 14g
Processed in a facility that also processes peanut, tree nut, wheat, egg, soy, milk, fish, and shellfish ingredients.

*Nutrition & allergen information varies based on menu selection and ingredient availability. Review protein and meal labels for updated information.

Prep & Cook Time

45-55 min.

Cook Within

3 days

Difficulty Level

Expert

Spice Level

Not Spicy

Before you cook

All cook times are approximate based on testing.

- If using fresh produce, thoroughly rinse and pat dry
- Preheat oven to **400 degrees**
- Prepare a baking sheet with foil and cooking spray



1. Make the Mashed Potatoes

- Cut **potatoes** into large evenly-sized chunks.
- Bring a medium pot with potato chunks and enough **water** to cover to a boil. Once boiling, cook until fork-tender, 14-18 minutes.
- Reserve $\frac{1}{4}$ cup **potato cooking water**. Drain potatoes in a colander and return to pot.
- Add potato cooking water, **cream cheese**, **butter**, $\frac{1}{4}$ tsp. **salt**, and a pinch of **pepper**. Mash until smooth. Cover and set aside.
- While potatoes boil, roast green beans.



2. Roast the Green Beans

- Trim ends off **green beans**.
- Place green beans on prepared baking sheet and toss with 2 tsp. **olive oil** and a pinch of **salt** and **pepper**.
- Spread into a single layer and roast in hot oven until bright green and tender, 12-14 minutes.
- While green beans roast, prepare remaining ingredients.

Customize It Instructions

- If using **whole chicken breasts**, pat dry and cut into 1" strips. Season all over with a pinch of **salt** and **pepper**. Follow same instructions as mahi-mahi in Steps 4 and 5, coating in **batter** and frying until chicken reaches minimum internal temperature, 4-6 minutes per side.



3. Prepare the Mahi-Mahi and Tartar Sauce

- Mince **preserved lemon**, including rind.
- Thinly slice **chives**.
- In a mixing bowl, combine preserved lemon, **mayonnaise**, and chives. Set aside.
- Halve **mahi-mahi** and pat dry. Season both sides with a pinch of **salt**.



4. Heat Oil and Prepare Batter

- Place a medium non-stick pan over medium heat and add **canola oil**. Let heat, 5 minutes.
- While oil heats, in another mixing bowl, combine **tempura mix** and 5 Tbsp. **water** until a batter forms, slightly thinner than pancake batter.



5. Fry Fish and Finish Dish

- Line a plate with a paper towel.
- Test **oil** temperature by adding a pinch of **batter** to it. It should sizzle gently. If it browns immediately, turn heat down and let oil cool. If it doesn't brown, increase heat.
- Working in batches if necessary, dip **mahi-mahi** in batter, coating completely and letting excess drip off. Carefully, lay battered mahi in hot oil and cook until mahi-mahi reaches a minimum internal temperature of 145 degrees, 3-5 minutes per side.
- Transfer mahi-mahi to paper towel-lined plate.
- Plate dish as pictured on front of card, topping mahi-mahi with **tartar sauce**. Bon appétit!