



In your box

1.26 oz. Mayonnaise
1 Lemon
¼ oz. Parsley
5 oz. Artichoke Hearts
1 tsp. Garlic Salt
8 oz. Carrot
3 Tbsp. Cornstarch
12 oz. Fingerling Potatoes
¼ oz. Capers

Customize It Options

12 oz. Mahi-Mahi Fillets
12 oz. Salmon Fillets
13 oz. Boneless Skinless Chicken Breasts

*Contains: eggs

You will need

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



Culinary Collection

Mahi Mahi and Caper Aioli

with crispy artichokes and fingerling potatoes

NUTRITION per serving—Calories: 698, Carbohydrates: 61g, Fat: 34g, Protein: 38g, Sodium: 1566mg.

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

40-50 min.

Cook Within

3 days

Difficulty Level

Expert

Spice Level

Not Spicy

👑 Before you cook

Take a minute to read through the recipe before you start—we promise it will be time well spent!

- If using fresh produce, thoroughly rinse and pat dry
- Preheat oven to **425 degrees**
- Prepare a baking sheet with foil and cooking spray
- Ingredient(s) used more than once: **parsley**

Customize It Instructions

- If using **chicken breasts**, follow same instructions as mahi-mahi in Steps 2 and 4, skipping halving and cooking until chicken reaches minimum internal temperature, 5-7 minutes per side.
- If using **salmon fillets**, pat dry and season flesh side with a pinch of **salt** and **pepper**. Follow same instructions as mahi-mahi in Step 4, cooking until salmon reaches minimum internal temperature, 4-6 minutes per side.

Minimum Internal Temperature

Steak 145° | Chicken 165° | Pork 145° | Salmon 145° | Shrimp 145°



3

Fry the Artichokes

- Line a plate with a paper towel.
- Place a large non-stick pan over medium heat and add 2 Tbsp. **olive oil**. Add **artichokes** to hot pan and stir occasionally until golden brown, 4-6 minutes.
- Remove from burner. Remove artichokes to towel-lined plate. Wipe pan clean and reserve.



1

Roast the Vegetables

- Halve **potatoes** lengthwise.
- Peel, trim, and cut **carrot** into ¼" slices on an angle.
- Place potatoes and carrot on prepared baking sheet and toss with 2 tsp. **olive oil** and **garlic salt**. Massage oil and seasoning into vegetables.
- Spread into a single layer and roast in hot oven until tender, 18-20 minutes.
- While vegetables roast, prepare ingredients.



4

Cook the Mahi-Mahi

- Return pan used to fry artichokes to medium heat and add 1 tsp. **olive oil**.
- Add **mahi-mahi** to hot pan. Cook until mahi-mahi reaches desired doneness (medium-rare to well-done), 2-4 minutes per side for medium. *Consuming raw or undercooked mahi-mahi may increase your risk for food-borne illness.*
- Remove mahi-mahi to a plate and tent with foil. Reserve pan; no need to wipe clean.



2

Prepare the Ingredients

- Coarsely chop **capers**.
- Mince **parsley**, leaves and stems.
- Halve **lemon** lengthwise. Cut one half into wedges and juice the other half.
- Drain **artichokes** and pat dry. Add drained artichokes and **cornstarch** to a mixing bowl and toss or gently combine until coated. Set aside.
- Halve **mahi-mahi** and pat dry. Season both sides with a pinch of **salt** and **pepper**.



5

Make Sauce and Finish Dish

- Return pan used to cook mahi-mahi to medium-high heat. Add **capers** to hot pan and stir occasionally until aromatic, 30-60 seconds.
- Remove from burner. Transfer capers to another mixing bowl and combine with **parsley** (reserve a pinch for garnish), **mayonnaise**, and 1 tsp. **lemon juice**.
- Plate dish as pictured on front of card, topping **mahi-mahi** with sauce and garnishing **vegetables** with reserved parsley. Squeeze **lemon wedges** over to taste. *If desired, combine artichokes and vegetables before serving. Bon appétit!*