



#### In your box

- 12 oz. Fingerling Potatoes
- 4 oz. Broccolini
- ½ oz. Crispy Fried Onions
- 1 oz. Tuscan Herb Butter
- 2 tsp. Mirepoix Base
- 2 tsp. Italian Seasoning Blend
- ¼ tsp. Red Pepper Flakes
- 1 oz. Light Cream Cheese

#### Customize It Options

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

\*Contains: milk, wheat

#### You will need

- Olive Oil, Salt, Pepper, Cooking Spray
- Medium Non-Stick Pan, Baking Sheet



Culinary Collection

## Mahi-Mahi and Tuscan Herb Sauce

with Italian roasted potatoes and broccolini

NUTRITION per serving—Calories: 572, Carbohydrates: 40g, Fat: 29g, Protein: 38g, Sodium: 1252mg.

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

35-45 min.

Cook Within

3 days

Difficulty Level

Intermediate

Spice Level

Mild

## 👑 Before you cook

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

- Preheat oven to **425 degrees**
- If using any fresh produce, thoroughly rinse and pat dry
- Prepare a baking sheet with foil and cooking spray

## Customize It Instructions

- If using **salmon filets**, pat dry and season flesh side with ¼ tsp. **salt** and ¼ tsp. **pepper**. Follow same instructions as mahi-mahi in Step 3, placing in hot pan skin side up and cooking until salmon reaches minimum internal temperature, 4-6 minutes per side.
- If using **chicken breasts**, pat dry. Follow same instructions as mahi-mahi in Step 3, cooking until chicken reaches minimum internal temperature, 5-7 minutes per side.

Minimum Internal Temperature

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



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### Start the Potatoes

- Halve **potatoes** lengthwise.
- Place potatoes on prepared baking sheet and toss with 2 tsp. **olive oil**, ¼ tsp. **salt**, ¼ tsp. **pepper**, and **seasoning blend**.
- Place potatoes, cut side down, in a single layer on one side. Roast in hot oven until starting to soften, 10 minutes.
- Remove from oven. *Potatoes will continue cooking in a later step.*
- While potatoes roast, prepare broccolini.



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### Roast the Potatoes and Broccolini

- Trim bottom end from **broccolini**.
- After potatoes have roasted 10 minutes, place broccolini on empty side of baking sheet and carefully toss with 2 tsp. **olive oil**, ¼ tsp. **salt**, and a pinch of **pepper**. *Use a utensil! Baking sheet will be hot.*
- Roast in hot oven until broccolini is tender and **potatoes** are browned, 10-12 minutes.
- While vegetables roast, cook mahi-mahi.



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### Cook the Mahi-Mahi

- Halve **mahi-mahi** and pat dry. Season both sides with ¼ tsp. **salt** and ¼ tsp. **pepper**.
- Place a medium non-stick pan over medium heat and add 2 tsp. **olive oil**.
- Add mahi-mahi to hot pan and cook until fish 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. Keep pan over medium heat.



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### Make the Sauce

- Add ¼ cup **water**, **cream cheese**, and **mirepoix base** to hot pan. Bring to a simmer.
- Once simmering, stir until cheese has melted and sauce is creamy, 1-2 minutes.
- Remove from burner and stir in **butter**.



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### Finish the Dish

- Plate dish as pictured on front of card, topping **mahi-mahi** with **sauce** and garnishing **broccolini** with **crispy onions** and **red pepper flakes** (to taste). Bon appétit!