



In your box

6 fl. oz. Canola Oil
2 Garlic Cloves
1.26 oz. Mayonnaise
1 Lemon
4 oz. Orzo Pasta
8 oz. Broccoli Florets
1 oz. Light Cream Cheese
2 oz. Shredded Cheddar Cheese
1/3 cup Tempura Mix

Customize It Options

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

*Contains: milk, eggs, wheat

You will need

Olive Oil, Salt, Pepper

Medium Non-Stick Pan, Medium Pot,
2 Mixing Bowls, Wire-Mesh Strainer



Culinary Collection

Fried Mahi-Mahi and Lemon Garlic Aioli

with cheesy broccoli orzo

NUTRITION per serving—Calories: 915, Carbohydrates: 67g, Fat: 50g, Protein: 51g, Sodium: 1663mg.

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

50-60 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
- Bring 8 cups **water** and 2 tsp. **salt** to a boil in a medium pot



1

Prepare the Ingredients

- Cut **broccoli** into bite-sized pieces.
- Halve **lemon** lengthwise. Cut one half into wedges and juice the other half.
- Mince **garlic**.
- Combine **tempura mix** and 3 Tbsp. **cold water** in a mixing bowl. Add additional cold water, 1 Tbsp. at a time, until a thin batter forms, like a pancake batter. *Don't worry if it seems too thin! Thin batter makes for a light, crispy coating.*
- Halve **mahi-mahi** and pat dry.



2

Start the Orzo

- Once water is boiling, add **orzo** and **broccoli** and cook until broccoli is tender and orzo is al dente, 6-7 minutes.
- Reserve ½ cup **orzo cooking water**. Drain broccoli and orzo in a wire-mesh strainer and set aside.
- Reserve pot; no need to wipe clean.

Customize It Instructions

- If using **chicken**, pat dry and cut each breast into three equally-sized pieces. Season all over with a pinch of **salt** and **pepper**. Follow same instructions as mahi-mahi in Step 4, flipping occasionally until crispy and chicken reaches minimum internal temperature, 6-9 minutes.

Minimum Internal Temperature

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



3

Heat Oil and Make Lemon Garlic Aioli

- Place a medium non-stick pan over medium heat and add 1 tsp. **olive oil**. Add **garlic** to hot pan and cook until aromatic, 30-60 seconds.
- Transfer garlic to another mixing bowl. Wipe pan clean and return to medium heat. Add **canola oil** and let heat, 5 minutes.
- While oil heats, add **mayonnaise** and 2 tsp. **lemon juice** to bowl with garlic and stir to combine. Set aside.



4

Cook the Mahi-Mahi

- Line a plate with a paper towel.
- Test **oil** temperature by adding a pinch of **tempura 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.
- Stir tempura batter to recombine. Working in batches if necessary, place **mahi-mahi pieces** in tempura batter and flip gently until completely coated.
- Carefully, lay mahi-mahi in hot oil. Cook until browned, crispy, and mahi-mahi reaches a minimum internal temperature of 145 degrees, 3-4 minutes per side.
- Remove mahi-mahi to towel-lined plate. Season with a pinch of **salt**.



5

Finish Orzo and Finish Dish

- Return pot used to cook orzo to medium-high heat. Add half the **orzo cooking water** and **cream cheese** to hot pan. Bring to a simmer, stirring constantly until smooth.
- Once simmering, stir in **orzo**, **broccoli**, **cheddar cheese**, ½ tsp. **salt**, and a pinch of **pepper** until combined. *If too thick, stir in remaining orzo cooking water.* Remove from burner.
- Plate dish as pictured on front of card, topping **mahi-mahi** with **lemon garlic aioli**. Squeeze **lemon wedges** over meal to taste. Bon appétit!