



In your box

½ tsp. Multicolor Sesame Seeds
2 oz. Teriyaki Glaze
8 oz. Broccoli Florets
¾ cup Jasmine Rice
2 Green Onions
1 Lime
½ tsp. Garlic Pepper

Customize It Options

10 oz. Ahi Tuna Steaks
12 oz. Salmon Fillets
12 oz. Mahi-Mahi Fillets

*Contains: wheat, soy

You will need

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



Teriyaki-Lime Ahi Tuna

with jasmine rice and roasted broccoli

NUTRITION per serving—Calories: 573, Carbohydrates: 80g, Fat: 8g, Protein: 45g, Sodium: 1535mg.
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

Intermediate

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 **400 degrees**
- Prepare a baking sheet with foil and cooking spray
- Ingredient(s) used more than once: **green onions**

Customize It Instructions

- If using **mahi-mahi**, pat dry and halve. Season both sides with ¼ tsp. **salt** and a pinch of **pepper**. Follow same instructions as tuna in Step 5, cooking 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.*
- If using **salmon fillets**, pat dry and season flesh side with ¼ tsp. **salt** and a pinch of **pepper**. Follow same instructions as tuna in Step 5, placing in hot pan skin side up and 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°



1

Cook the Rice

- Bring a small pot with **rice**, ¼ tsp. **salt** and 1½ cups **water** to a boil.
- Reduce to a simmer, cover, and cook until rice is tender, 18-20 minutes.
- Remove from burner and set aside.
- While rice cooks, prepare ingredients.



2

Prepare the Ingredients

- Cut **broccoli** into bite-sized pieces, if necessary.
- Trim and thinly slice **green onions** on an angle, keeping white and green portions separate.
- Halve **lime**. Cut one half into wedges and juice the other half.
- Pat **tuna** dry, and season both sides with a pinch of **salt** and **pepper**.



3

Roast the Broccoli

- Place **broccoli** on prepared baking sheet and toss with 2 tsp. **olive oil**, **white portions of green onions**, **garlic pepper**, and ¼ tsp. **salt**.
- Spread into a single layer and roast in hot oven until browned and fork-tender, 14-16 minutes.
- While broccoli roasts, make sauce.



4

Make the Sauce

- In a mixing bowl, combine **teriyaki**, 2 tsp. **lime juice**, and **sesame seeds**. Set aside.



5

Sear Tuna and Finish Dish

- Place a medium non-stick pan over medium-high heat and add 1 tsp. **olive oil**. Add **tuna** to hot pan and cook until tuna reaches desired doneness, 1-2 minutes per side for medium-rare (some pink in the center). *Consuming raw or undercooked tuna may increase your risk for food-borne illness.*
- Remove from burner.
- Plate dish as pictured on front of card, topping tuna with **sauce** and garnishing with **green portions of green onions**. Squeeze **lime wedges** over to taste. Bon appétit!