



### In your box

- 1 Lemon
- 1 oz. Feta Cheese Crumbles
- 2 oz. Baby Arugula
- ½ cup Tempura Mix
- 4 oz. Grape Tomatoes
- ½ fl. oz. Red Wine Vinegar
- 2 Dill Sprigs
- 2 oz. Sour Cream
- 6 fl. oz. Canola Oil

### Customize It Options

- 12 oz. Mahi-Mahi Fillets
- 8 oz. Shrimp
- 13 ½ oz. Organic Boneless Skinless Chicken Breasts
- 13 oz. Boneless Skinless Chicken Breasts

\*Contains: milk, eggs, wheat

### You will need

- Olive Oil, Salt, Pepper
- 3 Mixing Bowls,
- Medium Non-Stick Pan

### 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 Lemon Dill Crema

with tomato feta salad

NUTRITION per serving—Calories: 602, Carbohydrates: 32g, Sugar: 6g, Fiber: 2g, Protein: 39g, Sodium: 1662mg, Fat: 38g, Saturated Fat: 8g  
 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

**30-40 min.**

Cook Within

**3 days**

Difficulty Level

**Intermediate**

Spice Level

**Not Spicy**

## Before you cook

All cook times are approximate based on testing.

- If using fresh produce, thoroughly rinse and pat dry



### 1. Prepare Ingredients and Marinate Tomatoes

- Halve **lemon**. Cut one half into wedges and juice the other half.
- Halve **tomatoes**.
- Stem and mince **dill**
- In a mixing bowl, combine tomatoes, **red wine vinegar**, 4 tsp. **olive oil**, ¼ tsp. **salt**, and a pinch of **pepper**. Set aside to marinate, at least 10 minutes.
- Halve **mahi-mahi** and pat dry.

### 2. Make the Batter

- Line a plate with a paper towel.
- Place a medium non-stick pan over medium heat and add **canola oil**. Let heat, 5 minutes.
- While oil heats, combine **tempura mix** and ¼ cup **cold water** in another mixing bowl until a thin batter forms, like a pancake batter. *If too thick, add additional water, 1 Tbsp. at a time, until the consistency is reached.*

### Customize It Instructions

- If using **chicken breasts**, pat dry and cut into ¾" strips. Follow same instructions as mahi-mahi in Step 3, cooking until chicken reaches minimum internal temperature, 5-8 minutes.
- If using **shrimp**, pat dry. Follow same instructions as mahi-mahi in Step 3, cooking until shrimp reaches minimum internal temperature, 3-4 minutes per side.



### 3. Cook the Mahi-Mahi

- Test **oil** temperature in pan 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.
- Stir **batter** to recombine. Working in batches if necessary, place **mahi-mahi** in tempura batter and flip gently until coated all over.
- Carefully, add mahi-mahi to hot pan. 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 ¼ tsp. **salt**.



### 4. Make the Dill Lemon Crema

- Combine **sour cream**, 1 tsp. **lemon juice**, 1 tsp. **water**, **dill**, and a pinch of **salt** in another mixing bowl. Set aside.



### 5. Make Salad and Finish Dish

- Add **arugula** to bowl with **tomatoes** and toss or gently stir to combine. Top with **feta**.
- Plate dish as pictured on front of card, topping **mahi-mahi** with **dill lemon crema**. Squeeze **lemon wedges** over meal to taste. Bon appétit!