



In your box

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

Customize It Options

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

*Contains: milk, wheat

You will need

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

Minimum Internal Protein Temperature

145°	Steak	Pork	Lamb	Seafood
160°	Ground Beef		Ground Pork	
165°	Chicken		Ground Turkey	

Culinary Collection



Mahi-Mahi and Tuscan Herb Sauce

with Italian roasted potatoes and broccolini

NUTRITION per serving—Calories: 572, Carbohydrates: 40g, Sugar: 3g, Fiber: 5g, Protein: 38g, Sodium: 1252mg, Fat: 29g, Saturated Fat: 9g
 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

All cook times are approximate based on testing.

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

Customize It Instructions

- If using **salmon fillets**, pat dry and season flesh side with $\frac{1}{4}$ tsp. **salt** and $\frac{1}{4}$ 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 **tuna**, pat dry and season both sides with a pinch of salt and pepper. Follow same instructions as mahi-mahi in Step 3, cooking until tuna reaches desired doneness, 1-2 minutes per side for medium-rare. *Consuming raw or undercooked tuna may increase your risk for food-borne illness.*
- If using **filets mignon**, pat dry and season both sides with a pinch of salt and pepper. Follow same instructions as mahi-mahi in Step 3, cooking until filets reach minimum internal temperature, 5-8 minutes per side.



1. Start the Potatoes

- Halve **potatoes** lengthwise.
- Place potatoes on prepared baking sheet and toss with 2 tsp. **olive oil**, $\frac{1}{4}$ tsp. **salt**, $\frac{1}{4}$ tsp. **pepper**, and **seasoning blend**.
- Flip 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.



2. 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**, $\frac{1}{4}$ tsp. **salt**, and a pinch of **pepper**. *Use a utensil! Baking sheet will be hot.*
- Roast again until broccolini is tender and **potatoes** are browned, 10-12 minutes.
- While vegetables roast, cook mahi-mahi.



3. Cook the Mahi-Mahi

- Halve **mahi-mahi** and pat dry. Season both sides with $\frac{1}{4}$ tsp. **salt** and $\frac{1}{4}$ 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.



4. Make the Sauce

- Add $\frac{1}{4}$ 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 **Tuscan herb butter**.



5. 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!