



In your box

- 2 Tbsp. Italian Panko Blend
- 1 Lemon
- 1 Tbsp. Basil Pesto
- 1.26 oz. Mayonnaise
- 8 oz. Green Beans
- 1 tsp. Cornstarch
- ½ tsp. Garlic Salt
- ½ oz. Shredded Parmesan Cheese
- 12 oz. Fingerling Potatoes

Customize It Options

- 10 oz. Ahi Tuna Steaks
- 13 oz. Boneless Skinless Chicken Breasts

*Contains: milk, eggs, wheat

You will need

- Olive Oil, Salt, Pepper, Cooking Spray
- Medium Non-Stick Pan, Baking Sheet, 3 Mixing Bowls, Large Non-Stick Pan

Minimum Internal Protein Temperature

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

Culinary Collection



Crispy Ahi Tuna and Lemon Pepper Aioli

with pesto-Parmesan fingerling potatoes and green beans

NUTRITION per serving—Calories: 619, Carbohydrates: 46g, Sugar: 7g, Fiber: 8g, Protein: 42g, Sodium: 1694mg, Fat: 30g, Saturated Fat: 7g
 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

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



1. Roast the Potatoes

- Halve **potatoes** lengthwise.
- Place potatoes on prepared baking sheet and toss with 2 tsp. **olive oil**, ½ tsp. **salt**, and a pinch of **pepper**.
- Spread into a single layer and roast in hot oven until golden brown and fork-tender, 18-20 minutes.
- Toss roasted potatoes with **pesto** and **Parmesan**. *Baking sheet will be hot! Use a utensil.*
- While potatoes roast, prepare ingredients.



2. Prepare Ingredients and Make Lemon Pepper Aioli

- Zest and halve **lemon**. Cut one half into wedges and juice the other half.
- Combine 1 tsp. lemon juice, **mayonnaise**, and a pinch of **pepper** in a mixing bowl. Set aside.
- Combine 1 tsp. lemon zest, **panko**, and a pinch of **salt** and pepper in another mixing bowl.
- In another mixing bowl, combine **cornstarch** and 1 tsp. **water** until cornstarch dissolves.
- Pat **tuna** dry, and season both sides with a pinch of salt and pepper. Spread cornstarch mixture evenly on one side of tuna, then top with panko mixture, pressing gently to adhere.

Customize It Instructions

- If using **chicken**, follow same instructions as tuna in Steps 2 and 4, cooking over medium heat until chicken reaches minimum internal temperature, 5-7 minutes per side.



3. Cook the Green Beans

- Trim ends off **green beans**.
- Place a large non-stick pan over medium-high heat and add 1 Tbsp. **olive oil**.
- Add green beans to hot pan and stir occasionally until lightly browned, 4-5 minutes.
- Stir in ¼ cup **water**, **garlic salt**, and a pinch of **pepper**. Cover, and cook until green beans are tender, 4-5 minutes.
- Remove from burner.
- While green beans cook, cook tuna.



4. Cook the Tuna

- Place a medium non-stick pan over medium-high heat.
- Add 1 tsp. **olive oil** and **tuna** to hot pan, panko side down, 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.



5. Finish the Dish

- Plate as pictured on front card, topping **tuna** with **lemon pepper aioli**. Squeeze **lemon wedges** over meal to taste. Bon appétit!