



In your box

- 2 oz. White Cooking Wine
- ¼ cup Italian Panko Blend
- 1 Shallot
- 4 oz. Rosee Sauce
- 2 Roma Tomatoes
- 1 oz. Shredded Parmesan Cheese
- 8 oz. Broccoli Florets
- 1 oz. Butter

Customize It Options

- 12 oz. Mahi-Mahi Fillets
- 14 oz. USDA Choice New York Strip Steak (1 Steak, Serves 2)
- 13 oz. Boneless Skinless Chicken Breasts

*Contains: milk, wheat

You will need

- Olive Oil, Salt, Pepper, Cooking Spray
- 2 Medium Non-Stick Pans,
- Baking Sheet, Mixing Bowl,
- 2 Microwave-Safe Bowls

Minimum Internal Protein Temperature

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

Culinary Collection



Mahi-Mahi and Rosee Sauce

with Parmesan-stuffed tomatoes and broccoli beurre blanc

NUTRITION per serving—Calories: 586, Carbohydrates: 23g, Sugar: 9g, Fiber: 5g, Protein: 43g, Sodium: 1471mg, Fat: 32g, Saturated Fat: 13g
 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 **400 degrees**
- Prepare a baking sheet with foil and cooking spray
- Ingredient(s) used more than once: **butter**



Customize It Instructions

- If using **customized protein**, pat dry and season both sides with a pinch of **salt** and **pepper**.
- If using **NY strip steak**, follow same instructions as mahi-mahi in Step 4, cooking until steak reaches minimum internal temperature, 9-11 minutes per side. Rest, 3 minutes. Halve to serve.
- If using **chicken breasts**, follow same instructions as mahi-mahi in Step 4, cooking until chicken reaches minimum internal temperature, 5-7 minutes per side.

1. Prepare the Ingredients

- Cut **broccoli** into bite-sized pieces.
- Halve **tomatoes** and scoop out seeds.
- Peel and mince **shallot**.
- Combine **cheese** and **panko** in a mixing bowl. Set aside.
- Halve **mahi-mahi** and pat dry. Season both sides with a pinch of **salt** and **pepper**.

2. Roast the Vegetables

- Place **broccoli** on prepared baking sheet and toss with 2 tsp. **olive oil**, ¼ tsp. **salt**, and a pinch of **pepper**. Massage oil, salt, and pepper into broccoli. Spread into a single layer on one side.
- Place **tomatoes** on empty side of baking sheet, well side up, and season with a pinch of salt. Divide cheese-panko mixture evenly among tomato wells. Break half the **butter** (reserve remaining for sauce) into small pieces. Top each tomato well with a butter piece.
- Roast in hot oven until broccoli is tender and **panko** is lightly browned, 12- 15 minutes.
- While vegetables roast, make beurre blanc.



3. Make the Beurre Blanc

- Place a medium non-stick pan over medium heat and add 2 tsp. **olive oil**. Add **shallot** to hot pan and stir occasionally until tender, 1-2 minutes.
- Add **white wine** and bring to a simmer.
- Once simmering, cook until liquid is reduced by half, 1-2 minutes.
- Remove from burner and stir in remaining **butter**. Set aside.



4. Cook the Mahi-Mahi

- Place another medium non-stick pan over medium heat and add 1 tsp. **olive oil**.
- Add **mahi-mahi** to hot pan. Cook until lightly browned and mahi-mahi reaches a minimum internal temperature of 145 degrees, 3-4 minutes per side.
- Remove from burner and transfer mahi-mahi to a plate. Tent with foil.
- Wipe pan clean and reserve.



5. Heat Rosee Sauce and Finish Dish

- Return pan used to cook mahi-mahi to medium heat. Add **rosee sauce** to hot pan. Stir occasionally until sauce is warmed through, 1-2 minutes.
- Remove from burner.
- Plate dish as pictured on front of card, topping **broccoli** with **beurre blanc** and **mahi-mahi** with rosee sauce. Bon appétit!