



In your box

28 oz. USDA Choice New York Strip Steak (1 Steak, Serves 2)
36 oz. Mahi-Mahi Fillets

Minimum Internal Protein Temperature

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

Protein Pack



Surf and Turf

includes 9 mahi-mahi fillets and 2 New York strips

NUTRITION per serving—Calories: 263, Carbohydrates: 0g, Sugar: 0g, Fiber: 0g, Protein: 46g, Sodium: 170mg, Fat: 7g, Saturated Fat: 2g
 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 10-20 min.	Cook Within 3 days	Difficulty Level Easy	Spice Level Not Spicy
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Before you cook

All cook times are approximate based on testing.



1. Mahi-Mahi Instructions

- Pat **mahi-mahi** dry. We recommend seasoning both sides with ¼ tsp. salt and a pinch of pepper.
- Use a large non-stick pan with 2 tsp. olive oil over medium-high heat and cook 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.*



2. New York Strip Steak Instructions

- Pat **NY strip steaks** dry. We recommend seasoning both sides with ¼ tsp. salt and a pinch of pepper.
- Use a large non-stick pan with 2 tsp. olive oil over medium heat and cook to a minimum internal temperature of 145 degrees, 9-11 minutes per side.
- Halve strip steaks to serve.
- *For grilling, follow same instructions, heating grill to medium heat and spraying with cooking spray.*