



In your box

- 1.26 oz. Mayonnaise
- 1 Lemon
- ¼ oz. Parsley
- 1 tsp. Garlic Salt
- 8 oz. Carrot
- 3 Tbsp. Cornstarch
- 12 oz. Fingerling Potatoes
- ¼ oz. Capers
- 5 oz. Artichoke Hearts

Customize It Options

- 12 oz. Mahi-Mahi Fillets
- 12 oz. Filets Mignon
- 14 oz. USDA Choice New York Strip Steak (1 Steak, Serves 2)
- 13 oz. Boneless Skinless Chicken Breasts
- 13 ½ oz. Organic Boneless Skinless Chicken Breasts

*Contains: eggs

You will need

Olive Oil, Pepper, Cooking Spray
 Baking Sheet, 2 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



Mahi-Mahi and Caper Aioli

with crispy artichokes and fingerling potatoes

NUTRITION per serving—Calories: 674, Carbohydrates: 53g, Sugar: 10g, Fiber: 10g, Protein: 38g, Sodium: 1630mg, Fat: 34g, Saturated Fat: 6g
 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

Expert

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
- Ingredient(s) used more than once: **parsley**

Customize It Instructions

- If using **filets mignon**, pat dry and season both sides with a pinch of **pepper**. Follow same instructions as mahi-mahi in Step 4, cooking until filets reach minimum internal temperature, 5-8 minutes per side. Rest, 3 minutes.
- If using **NY strip steak**, pat dry and season both sides with a pinch of pepper. 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**, pat dry and season both sides with a pinch of pepper. Follow same instructions as mahi-mahi in Step 4, cooking until chicken reaches minimum internal temperature, 5-7 minutes per side.



1. Roast the Vegetables

- Halve **potatoes** lengthwise.
- Peel, trim, and cut **carrot** into ¼" slices on an angle.
- Place potatoes and carrot on prepared baking sheet and toss with 2 tsp. **olive oil** and **garlic salt**. Massage oil and seasoning into vegetables.
- Spread into a single layer and roast in hot oven until tender, 18-20 minutes.
- While vegetables roast, prepare ingredients.



2. Prepare the Ingredients

- Coarsely chop **capers**.
- Mince **parsley**, leaves and stems.
- Halve **lemon** lengthwise. Cut one half into wedges and juice the other half.
- Drain **artichokes** and pat dry. Add drained artichokes and **cornstarch** to a mixing bowl and toss or gently combine until coated. Set aside.
- Halve **mahi-mahi** and pat dry. Season both sides with a pinch of **pepper**.



3. Fry the Artichokes

- Line a plate with a paper towel.
- Place a large non-stick pan over medium heat and add 2 Tbsp. **olive oil**. Add **artichokes** to hot oil and stir occasionally until golden brown, 4-6 minutes.
- Remove from burner. Remove artichokes to towel-lined plate. Wipe pan clean and reserve.



4. Cook the Mahi-Mahi

- Return pan used to fry artichokes to medium heat and add 1 tsp. **olive oil**.
- Add **mahi-mahi** to hot pan. Cook until mahi-mahi reaches a minimum internal temperature of 145 degrees, 2-4 minutes per side.
- Remove mahi-mahi to a plate and tent with foil. Reserve pan; no need to wipe clean.



5. Make Capers Aioli and Finish Dish

- Return pan used to cook mahi-mahi to medium-high heat. Add **capers** to hot pan and stir occasionally until aromatic, 30-60 seconds.
- Remove from burner. Transfer capers to another mixing bowl and combine with **parsley** (reserve a pinch for garnish), **mayonnaise**, and 1 tsp. **lemon juice**.
- Plate dish as pictured on front of card, topping **mahi-mahi** with caper aioli and garnishing **vegetables** with reserved parsley. Squeeze **lemon wedges** over to taste. *If desired, combine artichokes and vegetables before serving. Bon appétit!*