



In your box

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

Customize It Options

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

*Contains: milk, wheat

You will need

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

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: 516, Carbohydrates: 30g, Sugar: 4g, Fiber: 6g, Protein: 36g, Sodium: 1479mg, Fat: 28g, 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, cooking skin side up first until salmon reaches minimum internal temperature, 4-6 minutes per side.
- If using **tuna**, pat dry and season both sides with $\frac{1}{4}$ tsp. salt and $\frac{1}{4}$ tsp. pepper. Follow same instructions as mahi-mahi in Step 3, cooking until tuna reaches minimum internal temperature, 4-5 minutes per side. Tuna is often enjoyed *medium-rare* (pink in the middle). For *medium-rare*, cook 1-2 minutes per side. Consuming raw or undercooked tuna may increase your risk for food-borne illness.
- If using **filets mignon**, pat dry and season both sides with $\frac{1}{4}$ tsp. salt and $\frac{1}{4}$ tsp. pepper. Follow same instructions as mahi-mahi in Step 3, cooking until filets reach minimum internal temperature, 5-8 minutes per side. Rest, 3 minutes.



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**. Massage oil and seasoning into potatoes.
- Place potatoes, cut side down, in a single layer on one side. Roast in hot oven, 10 minutes.
- While potatoes roast, prepare broccolini.



2. Roast the Potatoes and Broccolini

- Trim bottom ends from **broccolini**.
- In a mixing bowl, combine broccolini, 2 tsp. **olive oil**, $\frac{1}{4}$ tsp. **salt**, and a pinch of **pepper**.
- After 10 minutes, remove baking sheet from oven and add broccolini to empty side in a single layer. *Baking sheet will be hot! Use a utensil.*
- 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 a minimum internal temperature of 145 degrees, 3-4 minutes per side.
- 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** until combined.



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!