



In your box

- 3 Thyme Sprigs
- 4 fl. oz. Cream Sauce Base
- 1 tsp. Mushroom Seasoning
- ½ tsp. Truffle Salt
- 5 oz. Asparagus
- 10 oz. Yukon Potatoes
- 2 Garlic Cloves

Customize It Options

- 12 oz. Mahi-Mahi Fillets
- 12 oz. Salmon Fillets
- 13 oz. Boneless Skinless Chicken Breasts
- 12 oz. Filets Mignon

*Contains: milk

You will need

Olive Oil, Salt, Pepper, Cooking Spray

2 Baking Sheets, Medium 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 in Sauce Normandy

with truffled pommes Anna and asparagus

NUTRITION per serving—Calories: 499, Carbohydrates: 32g, Sugar: 4g, Fiber: 4g, Protein: 37g, Sodium: 1699mg, Fat: 25g, 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

45-55 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 two baking sheets with foil and generously coat with **cooking spray**
- Ingredient(s) used more than once: **thyme**

Customize It Instructions

- If using **filets mignon**, follow same instructions as mahi-mahi in Steps 2 and 4 (no need to halve), cooking until filets reach minimum internal temperature, 5-8 minutes per side. Rest, 3 minutes.
- If using **salmon filets**, pat dry and season flesh side with ¼ tsp. **salt**, a pinch of **pepper**, **garlic**, and **thyme**. Follow same instructions as mahi-mahi in Step 4, cooking, skin side up first, until salmon reaches minimum internal temperature, 4-6 minutes per side.
- If using **chicken breasts**, follow same instructions as mahi-mahi in Steps 2 and 4 (no need to halve), cooking until chicken reaches minimum internal temperature, 5-7 minutes per side.



1. Roast the Potatoes

- Halve **potatoes**, then slice into ¼" half-moons.
- Shingle potatoes on one prepared baking sheet and top evenly with **truffle salt**, a pinch of **pepper**, and 1 Tbsp. **olive oil**.
- Roast in hot oven until edges are golden brown and centers are fork-tender, 22-25 minutes.
- While potatoes roast, prepare ingredients.



2. Prepare the Ingredients

- Trim woody ends off **asparagus**.
- Stem **thyme** and coarsely chop.
- Mince **garlic**.
- Halve **mahi-mahi** and pat dry. Season both sides with ¼ tsp. **salt** and a pinch of **pepper**, then garlic and half the **thyme** (reserve remaining for sauce). Massage salt, pepper, thyme, and garlic into mahi-mahi.



3. Roast the Asparagus

- Place **asparagus** on second prepared baking sheet and top with 1 tsp. **olive oil**, ¼ tsp. **salt**, and ¼ tsp. **pepper**. Roll asparagus to coat.
- Spread into a single layer and roast in hot oven until bright green and fork-tender, 5-8 minutes.
- While asparagus roasts, cook mahi-mahi.



4. Cook the Mahi-Mahi

- Place a medium non-stick pan over 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, 3-4 minutes per side.
- *Mahi thickness can vary; if you receive a thinner fish, we recommend checking for doneness sooner.*
- Transfer mahi-mahi to a plate and tent with foil. Wipe pan clean and reserve.



5. Make Sauce Normandy and Finish Dish

- Return pan used to cook mahi-mahi to medium-high heat.
- Add **cream sauce base**, **mushroom seasoning**, remaining **thyme**, and ¼ cup **water** to hot pan. Stir to combine, then bring to a simmer.
- Once simmering, stir occasionally until thickened, 2-3 minutes.
- Remove from burner and season with a pinch of **salt** and **pepper**.
- Plate dish as pictured on front of card, topping **mahi-mahi** with sauce Normandy. Bon appétit!