



Culinary Collection

### In your box

2 oz. Shredded Parmesan Cheese  
1 Yellow Onion  
2 tsp. Blackening Seasoning  
5 oz. Asparagus  
2 Dill Sprigs  
1 Lemon  
2 Russet Potatoes  
4 fl. oz. Cream Sauce Base  
.3 oz. Butter

### Customize It Options

12 oz. Mahi-Mahi Fillets  
14 oz. Duroc Boneless Pork Chops  
12 oz. Salmon Fillets  
13½ oz. Organic Boneless Skinless Chicken Breasts

*If you received different ingredients, we may have sent a substitute. Not to worry! Check your email for updated instructions.*

### You will need

Olive Oil, Salt, Pepper, Cooking Spray

Medium Non-Stick Pan, Large Non-Stick Pan, Muffin Tin

### Minimum Internal Protein Temperature

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

Rest steak or pork after cooking, 3 minutes.



# Blackened Mahi-Mahi and Lemon Dill Cream

with Parmesan potato pressé and asparagus

NUTRITION per serving—Calories: 640, Carbohydrates: 48g, Sugar: 8g, Fiber: 6g, Protein: 49g, Sodium: 1680mg, Fat: 29g, Saturated Fat: 15g  
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

Easy

Spice Level

Not Spicy



## Before you cook

All cook times are approximate based on testing.

- If using fresh produce, thoroughly rinse and pat dry
- Turn oven on to **450 degrees**. Let preheat, at least 10 minutes
- Prepare a muffin tin with cooking spray
- Upon delivery, remove **potatoes** from meal bag and store at room temperature

## Customize It Instructions

- If using **chicken breasts**, pat dry and season both sides with **seasoning blend**. Follow same instructions as mahi-mahi in Step 5, cooking until chicken reaches minimum internal temperature, 5-7 minutes per side.
- If using **salmon**, pat dry and season flesh side with seasoning blend. Follow same instructions as mahi-mahi in Step 5, cooking until fish reaches minimum internal temperature, 4-6 minutes per side.
- If using **pork chops**, pat dry and season both sides with seasoning blend. Follow same instructions as mahi-mahi in Step 5, cooking until pork reaches minimum internal temperature, 4-6 minutes per side. Rest, 3 minutes.



### 1. Form the Potato Presse

- Peel **potatoes**, halve lengthwise, and cut into very thin half-moons.
- In six cups in prepared muffin tin, shingle potato slices flat at a 90-degree angle until cups are halfway full, using about five to seven slices per cup. *Four slices will overlap to form a circle.* Press potato down into cups and season with ¼ tsp. **salt**.
- Divide **cheese** between cups. Then repeat shingling as before with remaining potato slices, pressing them firmly into cheese. *Potato slices may overflow cups, and there may be extra slices.* Season with a pinch of salt.



### 2. Bake the Potato Presse

- Top **potato cups** evenly with **butter**. Spray a piece of foil with **cooking spray** and tightly wrap muffin tin, sprayed-side down.
- Bake in hot oven, 20 minutes.
- Remove foil. Bake again until golden brown, 10-15 minutes.
- Rest baked pressé 5 minutes, then slide a knife around potato cups to release potatoes.
- While potatoes bake, prepare remaining ingredients.



### 3. Prepare the Remaining Ingredients

- Trim woody ends off **asparagus** and cut into 2" lengths.
- Halve **lemon** lengthwise. Cut one half into wedges and juice the other half.
- Finely chop **dill**.
- Halve and peel **onion**, then mince.
- Halve **mahi-mahi** and pat dry. Season both sides with **seasoning blend**.



### 4. Cook the Asparagus

- Place a large non-stick pan over medium heat and add 1 tsp. **olive oil**.
- Add **asparagus** and a pinch of **salt** and **pepper** to hot pan. Stir occasionally until tender, but still crisp, 6-8 minutes.
- *If asparagus is thinner than a pencil, check for doneness sooner.*
- Remove from burner.
- While asparagus cooks, cook mahi-mahi.



### 5. Cook Mahi, Make Sauce, and Finish Dish

- 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.
- Remove from burner. Transfer mahi-mahi to a plate. Wipe pan clean and return to medium heat. Add half the **onion** (the rest is yours!) and cook, 2 minutes.
- Stir in **cream sauce base**, **dill**, 1 Tbsp. **lemon juice**, and a pinch of **salt**. Bring to a simmer. Once simmering, remove from burner.
- Plate dish as pictured on front of card, topping mahi-mahi with sauce. Squeeze **lemon wedges** over to taste. Bon appétit!