



In your box

- 3 Tbsp. Mango Chutney
- 1 Tbsp. Yellow Curry Paste
- 2 oz. Frozen Mangoes
- 1 Yellow Onion
- ¼ oz. Cilantro
- 12 oz. Yukon Potatoes
- 🌶️ 1 Jalapeño Pepper
- 2 Tbsp. Toasted Coconut
- 2 oz. Sour Cream

Customize It Options

- 12 oz. Mahi-Mahi Fillets
- 16 oz. USDA Choice Boneless Ribeye Steak (1 Steak, Serves 2)
- 12 oz. Salmon Fillets
- 12 oz. Antibiotic-Free Boneless Skinless Chicken Breasts
- 13 ½ 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, Baking Sheet, 3 Mixing Bowls

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.

Culinary Collection



Mango Chutney Mahi-Mahi

with coconut curry potatoes and onions

NUTRITION per serving—Calories: 588, Carbohydrates: 65g, Sugar: 28g, Fiber: 7g, Protein: 38g, Sodium: 1424mg, Fat: 20g, Saturated Fat: 8g
 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

50-60 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
- Turn oven on to **425 degrees**. Let preheat, at least 10 minutes
- Prepare a baking sheet with foil and cooking spray

Customize It Instructions

- If using **chicken breasts**, pat dry and season both sides with a pinch of **salt**. Follow same instructions as mahi-mahi in Step 3, cooking until chicken reaches minimum internal temperature, 5-7 minutes per side.
- If using **ribeye**, pat dry and season both sides with a pinch of salt. Follow same instructions as mahi-mahi in Step 3, cooking until steak reaches minimum internal temperature, 4-6 minutes per side. Rest, 3 minutes. Halve to serve.
- If using **salmon**, pat dry and season flesh side with a pinch of salt. Follow same instructions as mahi-mahi in Step 3, cooking until fish reaches minimum internal temperature, 4-6 minutes per side.



1. Prepare the Ingredients

- Cut **potatoes** into ½" dice.
- Mince **cilantro** (no need to stem).
- Finely chop **mango**. *If mango is frozen, rinse under cold water until thawed.*
- Halve and peel **onion**. Thinly slice.
- Stem **jalapeño**, halve, seed, remove ribs, and mince. *Wash hands and cutting board after working with jalapeño.*
- Halve **mahi-mahi** and pat dry. Season all over with ¼ tsp. **salt**.



2. Roast the Vegetables

- In a mixing bowl, combine **potatoes**, **curry paste**, 1 Tbsp. **olive oil**, ¼ tsp. **salt**, and a pinch of **pepper**.
- Place potato mixture on prepared baking sheet and spread into a single layer. Roast in hot oven, 15 minutes.
- Carefully remove baking sheet from oven. Gently stir in **onion** and a pinch of salt. *Baking sheet will be hot! Use a utensil.*
- Roast again until lightly browned and tender, 10-12 minutes.
- While vegetables roast, make sauces.



3. Make the Chutney and Crema

- Combine **cilantro**, **mango**, **mango chutney**, a pinch of **salt**, and **jalapeño** (to taste) in another mixing bowl. Set aside.
- In another mixing bowl, combine **sour cream**, 2 tsp. **water**, and a pinch of salt. Set aside.



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.
- Remove from burner.



5. Finish the Dish

- Plate dish as pictured on front of card, topping **vegetables** with **crema** and **coconut** and **mahi-mahi** with **chutney**. Bon appétit!