



In your box

- 1 Ear of Corn
- 1 oz. Smoky BBQ Sauce
- 6 fl. oz. Canola Oil
- ½ fl. oz. Honey
- 18 oz. Sweet Potato
- 🍴 1 tsp. BBQ Spice Rub
- 3 oz. Corn Muffin Mix
- 4 Butter Crackers
- 1.26 oz. Mayonnaise

Customize It Options

- 12 oz. Mahi-Mahi Fillets
- 13 ½ oz. Organic Boneless Skinless Chicken Breasts
- 13 oz. Boneless Skinless Chicken Breasts
- 8 oz. Shrimp
- 11 oz. Tilapia Fillets

*Contains: eggs, wheat, soy

You will need

Olive Oil, Salt, Pepper, Cooking Spray

Medium Non-Stick Pan, Baking Sheet, 2 Mixing Bowls

Minimum Internal Protein Temperature

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

Culinary Collection



Cornbread-Crusted Mahi-Mahi and Honey-BBQ Aioli

with corn on the cob and sweet potato wedges

NUTRITION per serving—Calories: 983, Carbohydrates: 106g, Sugar: 26g, Fiber: 8g, Protein: 38g, Sodium: 1639mg, Fat: 45g, Saturated Fat: 7g
 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

Expert

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
- Ingredient(s) used more than once: **corn muffin mix**

Customize It Instructions

- If using **chicken breasts**, pat dry and cut into 1" strips. Follow same instructions as mahi-mahi in Steps 2 and 4, flipping occasionally until chicken reaches minimum internal temperature, 5-8 minutes.
- If using **shrimp**, pat dry. Follow same instructions as mahi-mahi in Steps 2 and 4, flipping occasionally until shrimp reaches minimum internal temperature, 2-3 minutes per side.
- If using **tilapia**, pat dry and cut into 2" pieces. Follow same instructions as mahi-mahi in Steps 2 and 4, flipping occasionally until tilapia reaches minimum internal temperature, 3-4 minutes per side.



1. Roast the Vegetables

- Cut **sweet potato** into ½" wedges.
- Peel husk off **corn** and halve.
- Place wedges on one side of prepared baking sheet and toss with 1 tsp. **olive oil**, **seasoning rub**, ½ tsp. **salt**, and a pinch of **pepper**. Massage oil, rub, salt, and pepper into potatoes. Spread into a single layer on their side.
- Place corn on empty side and top with 1 tsp. olive oil and a pinch of salt and pepper. Roll corn to cover evenly.
- Roast in hot oven until vegetables are tender, 18-22 minutes.
- While vegetables roast, prepare remaining ingredients.



2. Prepare Ingredients and Make Honey-BBQ Aioli

- Coarsely crush **butter crackers**.
- In a mixing bowl, combine **smoky BBQ sauce**, **mayonnaise**, and half the **honey**. Taste, and add more honey if desired. Set aside.
- Place 2 Tbsp. **corn muffin mix** on a plate. (Reserve remaining corn muffin mix for batter.)
- Halve **mahi-mahi** and pat dry. Place mahi-mahi on plate with corn muffin mix and flip until lightly coated, shaking off any excess.



3. Heat Oil and Make Batter

- Place a medium non-stick pan over medium heat. Add **canola oil** and let heat, 5 minutes.
- While oil heats, in another mixing bowl, combine remaining **corn muffin mix** and ¼ cup **water** until a thin batter forms, like a pancake batter. *If too thick, add water, 1 tsp. at a time, until desired consistency is reached.*
- Stir in **crackers** until completely combined.



4. Batter and Fry the Fish

- Line a plate with a paper towel.
- Test **oil** temperature by adding a pinch of **batter** to it. It should sizzle gently. If it browns immediately, turn heat down and let oil cool. If it doesn't brown, increase heat.
- Working in batches if necessary, dip **mahi-mahi** in batter, covering completely, then immediately and carefully place in hot oil. Cook until golden brown and mahi-mahi reaches a minimum internal temperature of 145 degrees, 3-5 minutes per side.
- Remove fish to towel-lined plate.



5. Finish the Dish

- Plate dish as pictured on front of card, topping **mahi-mahi** with **honey-BBQ aioli**. Bon appétit!