

Tempura Mahi-Mahi and Pickled Ginger Aioli

WITH SESAME BROCCOLI AND RICE



Prep & Cook Time

45-55 MIN

Cook Within

3 DAYS

You Will Need

Olive Oil, Salt, Pepper
2 Medium Non-Stick Pans, 2
Mixing Bowls, Small Pot

Ingredients

- .33 cup Tempura Mix
- 2 Green Onions
- 6 fl. oz. Canola Oil
- 1/2 tsp. Multicolor Sesame Seeds
- 3/4 cup Jasmine Rice
- 6 oz. Broccoli Florets
- 1/2 oz. Toasted Sesame Oil
- 1.26 oz. Mayonnaise
- 1 oz. Pickled Ginger
- Customize It Options**
- 12 oz. Mahi-Mahi Fillets
- 12 oz. Boneless Skinless Chicken Breasts

Difficulty Level

EXPERT

Spice Level

NOT SPICY

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.

View nutritional information at www.homechef.com/21195

*Nutrition & allergen information varies based on menu selection and ingredient availability. Review protein and meal labels for updated information.

Processed in a facility that also processes peanut, tree nut, wheat, egg, soy, milk, fish, sesame, and shellfish ingredients.

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

Before You Cook

All cook times are approximate based on testing.

- If using any fresh produce, thoroughly rinse and pat dry
- Ingredient(s) used more than once: **sesame seeds, green onions**



1. Prepare Green Onions and Cook Rice

- Trim and thinly slice **green onions** on an angle, keeping white and green portions separate.
- Bring a small pot with **rice**, white portions of green onions, and 1½ cups **water** to a boil.
- Once boiling, reduce to a simmer and cover. Cook until rice is tender, 18-20 minutes.
- Remove from burner. Add a pinch of **salt** and fluff rice. Cover and set aside.
- While rice cooks, continue recipe.



3. Cook the Broccoli

- Place a medium non-stick pan over medium heat and add 2 tsp. **olive oil**.
- Add **broccoli** to hot pan and stir occasionally until tender, 5-7 minutes.
- Stir in **sesame oil**, a pinch of **salt**, and half the **sesame seeds** (reserve remaining for rice). Remove from burner and cover.
- While broccoli cooks, continue recipe.



2. Prepare Ingredients and Make Aioli

- Cut **broccoli** into bite-sized pieces.
- Mince **pickled ginger**.
- Combine **mayonnaise**, pickled ginger (to taste), and a pinch of **salt** and **pepper** in a mixing bowl. Set aside.
- Halve **mahi-mahi** and pat dry. Season both sides with a pinch of salt.



4. Heat Oil and Make Batter

- Place another medium non-stick pan over medium-high heat and add **canola oil**. Let heat, 5 minutes.
- While oil heats, line a plate with a paper towel.
- Combine **tempura mix** and ¼ cup cold **water** in another mixing bowl until a thin batter forms, like a pancake batter. *If too thick, add additional water, 1 Tbsp. at a time, until desired consistency is reached.*
- After 5 minutes, test oil temperature by adding a pinch of tempura 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.*



5. Fry Mahi-Mahi and Finish Dish

- Stir **tempura batter** to recombine.
- Working in batches if necessary, place **mahi-mahi** pieces in tempura batter and flip gently until coated all over.
- Carefully add mahi-mahi to hot **oil**. Cook until browned, crispy, and mahi-mahi reaches a minimum internal temperature of 145 degrees, 3-4 minutes per side.
- Remove from burner. Transfer mahi-mahi to towel-lined plate. While hot, season with a pinch of **salt**.
- Plate dish as pictured on front of card, topping **rice** with remaining **sesame seeds** and garnishing mahi-mahi with **ginger aioli** and **green portions of green onions**. Bon appétit!