



Mahi-Mahi and Caper Aioli

WITH CRISPY ARTICHOKE AND FINGERLING POTATOES

Culinary Collection



Prep & Cook Time

40-50 MIN

Cook Within

3 DAYS

Difficulty Level

EXPERT

Spice Level

NOT SPICY

You Will Need

Olive Oil, Salt, Pepper, Cooking Spray
Baking Sheet, 2 Mixing Bowls, Large Non-Stick Pan

Ingredients

1.26 oz. Mayonnaise
1/4 oz. Capers
1 Lemon
1/4 oz. Parsley
1 tsp. Garlic Salt
8 oz. Carrot
5 oz. Artichoke Hearts
12 oz. Fingerling Potatoes
3 Tbsp. Cornstarch

Customize It Options

12 oz. Mahi-Mahi Fillets
12 oz. Salmon Fillets
12 oz. Antibiotic-Free Boneless Skinless Chicken Breasts
12 oz. Sirloin Steaks

Minimum Internal Protein Temperature

145°	Steak	Pork	Lamb	Seafood
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160°	Ground Beef	Ground Pork
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165°	Chicken	Ground Turkey
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Rest steak or pork after cooking, 3 minutes.

View nutritional information at www.homechef.com/21867

*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, 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
- Turn oven on to **425 degrees**. Let preheat, at least 10 minutes
- Prepare a baking sheet with foil and cooking spray
- Ingredient(s) used more than once: **parsley**

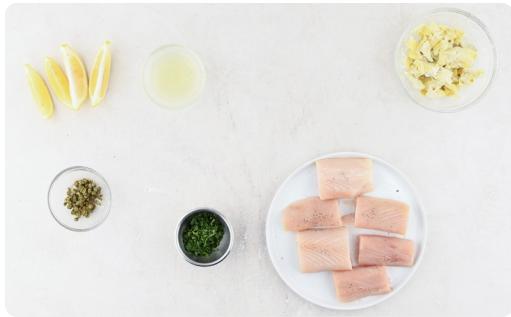
Customize It Instructions

- If using **whole chicken breasts**, follow same instructions as mahi-mahi in Steps 2 and 4, cooking until browned and chicken reaches minimum internal temperature, 5-7 minutes per side.
- If using **salmon fillets**, pat dry and season flesh side with a pinch of **salt** and **pepper**. Follow same instructions as mahi-mahi in Step 4, searing, skin side up first, until salmon reaches minimum internal temperature, 4-6 minutes per side.
- If using **sirloin steaks**, follow same instructions as mahi-mahi in Steps 2 and 4, cooking until steaks reach desired doneness, or 4-6 minutes per side for medium/medium-well. Rest, 3 minutes. Steak thickness can vary; if you receive a thinner steak, we recommend checking for doneness sooner.



1. Roast the Vegetables

- Halve **potatoes** lengthwise.
- Peel, trim, and cut **carrot** on an angle into $\frac{1}{4}$ " slices.
- Place potatoes and carrot on prepared baking sheet and toss with 2 tsp. **olive oil** and **garlic salt**. Massage oil and garlic salt into vegetables.
- Spread into a single layer and roast in hot oven until tender, 18-20 minutes.
- While vegetables roast, continue recipe.



2. Prepare the Ingredients

- Halve **lemon** lengthwise. Cut one half into wedges and juice the other half.
- Mince **parsley**, leaves and stems.
- Coarsely chop **capers**.
- Drain **artichokes** and pat dry. Add drained artichokes and **cornstarch** to a mixing bowl and toss or gently combine until coated. Set aside.
- Halve **mahi-mahi** and pat dry. Season both sides with a pinch of **salt** and **pepper**.



3. Fry the Artichokes

- Line a plate with a paper towel.
- Place a large non-stick pan over medium heat and add 2 Tbsp. **olive oil**.
- Add **artichokes** to hot pan and stir occasionally until golden brown, 4-6 minutes.
- Remove from burner. Remove artichokes to towel-lined plate and season with a pinch of **salt**. Wipe pan clean and reserve.



4. Cook the Mahi-Mahi

- Return pan used to fry artichokes to medium heat and add 1 tsp. **olive oil**.
- Add **mahi-mahi** to hot pan. Cook until browned and mahi-mahi reaches a minimum internal temperature of 145 degrees, 2-4 minutes per side.
- Remove mahi-mahi to a plate and tent with foil. Reserve pan; no need to wipe clean.



5. Make Caper Aioli and Finish Dish

- Return pan used to cook mahi-mahi to medium-high heat. Add **capers** to hot pan and stir occasionally until aromatic, 30-60 seconds.
- Remove from burner. Transfer capers to another mixing bowl and combine with **parsley** (reserve a pinch for garnish), **mayonnaise**, and 1 tsp. **lemon juice**.
- Plate dish as pictured on front of card, topping **mahi-mahi** with caper aioli and garnishing **vegetables** with reserved parsley. Squeeze **lemon wedges** over to taste. If desired, combine **artichokes** and **vegetables** before serving. Bon appétit!



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