



Pesto-Crusted Mahi-Mahi

WITH GREEN BEANS AND POTATOES

Culinary Collection



Prep & Cook Time

35-45 MIN

Cook Within

3 DAYS

You Will Need

Olive Oil, Salt, Pepper, Cooking Spray
Medium Non-Stick Pan, Baking Sheet, Mixing Bowl, Microwave-Safe Bowl, Large Non-Stick Pan

Ingredients

- 2 Russet Potatoes
 - 1/4 cup Italian Panko Blend
 - 8 oz. Green Beans
 - 4 fl. oz. Cream Sauce Base
 - 1 Lemon
 - 1 oz. Shredded Parmesan Cheese
 - 1 oz. Basil Pesto
 - .3 oz. Butter
 - 1 tsp. Garlic Salt
- Customize It Options**
- 12 oz. Mahi-Mahi Fillets
 - 12 oz. Salmon 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/22091

*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
- 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: **garlic salt, butter**
- Only half the **pesto** is used in this recipe
- Upon delivery, remove **potatoes** from meal bag and store at room temperature

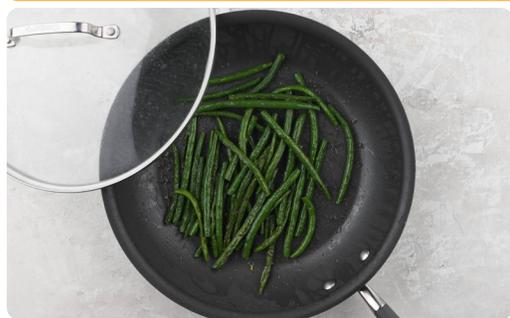


1. Start Potatoes and Prepare Ingredients

- Cut **potatoes** into ½"-thick rounds.
- Place potatoes on one side of prepared baking sheet and spray with **cooking spray**. Season with ¼ tsp. **salt** and a pinch of **pepper**.
- Roast in hot oven until tender, 15-20 minutes.
- *Potatoes will finish cooking in a later step.*
- While potatoes roast, halve **lemon** lengthwise. Cut one half into wedges and juice the other half.
- Trim ends off **green beans**, if necessary.

Customize It Instructions

- If using **chicken breasts** or **filets mignon**, pat dry and season both sides with remaining **garlic salt** and a pinch of **pepper**
- If using **chicken breasts**, follow same instructions as mahi-mahi in Steps 3 and 4, searing 2-3 minutes per side, then flipping, adding topping, and broiling until chicken reaches minimum internal temperature, 3-4 minutes.
- If using **filets mignon**, follow same instructions as mahi-mahi in Steps 3 and 4, searing 2-3 minutes per side, then flipping, adding topping, and broiling until steak reaches minimum internal temperature, 4-5 minutes.
- If using **salmon fillets**, pat dry and season flesh side with remaining **garlic salt** and a pinch of **pepper**. Follow same instructions as mahi-mahi in Steps 3 and 4, searing skin-side up, 3-5 minutes, then flipping, adding topping, and broiling until salmon reaches minimum internal temperature, 5-7 minutes.



2. Cook the Green Beans

- Place a large non-stick pan over medium-high heat and spray with **cooking spray**. Add **green beans** to hot pan and stir occasionally, 1 minute.
- Add ¼ cup **water**, half the **garlic salt** (reserve remaining for mahi-mahi), and a pinch of **pepper**. Cover and cook until tender, 6-8 minutes.
- *If green beans need more time, add 2 Tbsp. water, cover, and stir occasionally, 1-3 minutes.*
- Remove from burner.
- While green beans cook, continue recipe.



3. Sear Mahi-Mahi and Prepare Toppings

- Pat **mahi-mahi** dry and halve. Season both sides with remaining **garlic salt** and a pinch of **pepper**.
- Place a medium non-stick pan over medium heat and add 1 tsp. **olive oil**. Add mahi-mahi to hot pan and sear, 2-3 minutes on one side.
- Remove from burner. *Mahi-mahi will finish cooking in a later step.*
- While mahi-mahi sears, in a mixing bowl, combine **panko** and half the **pesto** (remaining is yours to use as you please!).
- Add half the **butter** (reserve remaining for sauce) to a microwave-safe bowl. Microwave until melted, 15-30 seconds.



4. Broil the Mahi-Mahi and Potatoes

- After 15-20 minutes, carefully remove baking sheet from oven. Turn on broiler. Top **potatoes** with **cheese**.
- Transfer **mahi-mahi** to empty half of baking sheet, seared side up. Wipe pan clean and reserve. Top mahi-mahi evenly with melted **butter** and **panko-pesto mixture**, pressing gently to adhere. *Mahi-mahi and baking sheet will be hot! Use a utensil.*
- Broil under hot broiler until cheese is melted and mahi-mahi reaches a minimum internal temperature of 145 degrees, 2-3 minutes.
- *Fish thickness can vary; if you receive a thinner fillet, we recommend checking for doneness sooner. Don't text and broil! Keep an eye on oven as topping may burn easily under broiler.*
- Remove from broiler.



5. Make Sauce and Finish Dish

- Return pan used to sear mahi-mahi to medium heat. Add **cream base** and 1 tsp. **lemon juice** to hot pan. Bring to a simmer.
- Once simmering, stir occasionally until thickened, 4-5 minutes.
- Remove from burner. Add remaining **butter** and stir until melted and combined.
- Plate dish as pictured on front of card, topping **green beans** with sauce. Squeeze **lemon wedges** over to taste. Bon appétit!