



HOME CHEF

# Almond-Crusted Mahi-Mahi

With Pineapple-Dijon Sauce and Coconut Rice



Mahi-mahi are highly prized by fisherman for their strength, beauty, healthy numbers, and excellent eating quality. The firm, yet flaky and mild fillets are perfectly paired with crunchy almonds, sweet pineapple, and bright mustard. Rice cooked in coconut milk completes the tropical spin in this meal that will transport you to a sunny locale, wherever you may be.

## OVERVIEW



TIME TO PREPARE



EXPERT RECIPE



DAYS BEST COOKED BY

## NUTRITION

Calories: 780  
Carbohydrates: 106g  
Fat: 17g  
Protein: 52g  
Sodium: 482mg  
*per serving*

## DIETARY



DAIRY-FREE



GLUTEN-FREE



SOY-FREE

## DRINK PAIRING

Pinot Grigio  
Pina Colada  
Light Lager

## INGREDIENTS

1 Cup Parboiled Rice  
4 oz. Coconut Milk  
2 Garlic Cloves  
10 Asparagus  
2 Mahi-Mahi  
¼ Cup Rice Flour  
2 oz. Liquid Egg  
1 ½ oz. Sliced Almonds  
1 oz. White Cooking Wine  
2 oz. Pineapple Juice  
1 Tbsp. Dijon Mustard

## WHAT YOU NEED

Olive Oil  
Salt  
Pepper  
Cooking Spray

## EQUIPMENT

2 Medium Pots  
3 Mixing Bowls  
Medium Pan  
Wire-Mesh Strainer

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### Cook the Rice

Bring a medium pot of **lightly salted water** to a boil. In a second medium pot, bring 1 cup of **water, coconut milk, and rice** to a boil. Reduce to a simmer, cover, and cook for 15-20 minutes or until almost tender. Season with a pinch of **salt**. Cover and set aside.



### Prepare the Ingredients

Thoroughly rinse produce and pat dry. Roughly chop **garlic**. Cut woody stems off the ends of **asparagus**. Rinse **mahi-mahi** and pat dry.



### Crust the Fish

Season **mahi-mahi** on both sides with a pinch of **salt** and **pepper**. Place **flour** and **egg** in a bowl, and scatter **almonds** on a plate. Dredge mahi-mahi in flour, shaking off excess. Dip the mahi-mahi in egg, then finish by crusting the fish in almonds, making sure to coat completely.



### Cook the Fish and Sauce

Heat a medium pan over medium heat. Add 1 tsp. **olive oil** and **almond-crusted fillets** to pan. Cook on each side for 5 minutes or until almonds are golden and fish has reached a minimum internal temperature of 145 degrees, then remove to a plate. Wipe out pan, add 2 tsp. olive oil, and return to medium heat. Cook **garlic** for 1 minute. Add **white wine** and reduce by half. Add **pineapple juice** and **mustard** and cook for an additional 2 minutes until sauce thickens. Season with a pinch of **salt** and **pepper**.



### Cook the Asparagus

Add **asparagus** to pot of boiling water and cook for 4-5 minutes or until bright green. Strain asparagus over sink and place asparagus back into empty pot. Add 2 tsp. **olive oil** to pot and place over low heat. Cook for 2-3 minutes or until asparagus is just tender. Season with a pinch of **salt** and **pepper**.



### Plate the Dish

Place the **rice** in the middle of the plate. Lay **mahi-mahi fillets** against the rice. Arrange the **asparagus** against fillets. Spoon the **pineapple-dijon pan sauce** over the fillets.