



Sesame Wonton-Crusted Mahi-Mahi

WITH GINGER-SCALLION SAUCE

Express Plus



Prep & Cook Time

20-30 MIN

Cook Within

3 DAYS

You Will Need

Olive Oil, Salt, Pepper
2 Medium Non-Stick Pans,
Mixing Bowl

Ingredients

- 4 tsp. Multicolor Sesame Seeds
- 1 tsp. Minced Ginger
- 1½ fl. oz. Teriyaki Glaze
- 2 Heads of Baby Bok Choy
- .203 fl. oz. Soy Sauce
- 8½ oz. Cooked Jasmine Rice
- 2 Green Onions
- 1 oz. Wonton Strips

Difficulty Level

EASY

Spice Level

NOT SPICY

Customize It Options

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

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/24635

*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: **green onions, ginger**



1. Prepare the Ingredients

- Finely crush **wontons** in shipping bag and place on a plate. Add **sesame seeds** and mix to combine. Spread into an even layer. Set aside.
- Remove any discolored outer leaves from **bok choy** and trim ends. Cut into 1" strips.
- Trim and thinly slice **green onions**, keeping white and green portions separate.
- Pat **mahi-mahi** dry and on a separate cutting board, cut into 2" pieces. Brush one side of each mahi-mahi piece with **soy sauce**. Place mahi-mahi pieces, soy sauce-side down into sesame seed-wonton mixture, pressing gently to adhere.

Customize It Instructions

- If using **chicken breasts**, pat dry, brush one side with **soy sauce**, and add **coating**. Follow same instructions as mahi-mahi in Step 2, cooking until chicken reaches minimum internal temperature, 5-7 minutes per side.
- If using **salmon fillets**, pat dry, brush flesh side with soy sauce, and add coating. Follow same instructions as mahi-mahi in Step 2, cooking, skin side up first, until salmon reaches minimum internal temperature, 4-6 minutes per side.
- If using **sirloin steaks**, pat dry, brush one side with soy sauce, and add coating. Follow same instructions as mahi-mahi in Step 2, cooking until steaks reach desired doneness, or 4-6 minutes per side for medium/medium-well. Rest, 3 minutes.



2. Cook the Mahi-Mahi

- Place a medium non-stick pan over medium heat and add 2 tsp. **olive oil**. Add **mahi-mahi** to hot pan, wonton-sesame seed side down. Cook until mahi-mahi reaches a minimum internal temperature of 145 degrees, 3-4 minutes per side.
- *Fish thickness can vary; if you receive a thinner fillet, we recommend checking for doneness sooner.*
- Remove from burner.



3. Cook the Vegetables

- Place another medium non-stick pan over medium-high heat and add 2 tsp. **olive oil**. Add **bok choy** and a pinch of **salt** and **pepper** to hot pan. Stir often until tender, 5-7 minutes.
- Add **white portions of green onions** and half the **ginger** (reserve remaining for sauce). Stir occasionally until fragrant, 30-60 seconds.
- Remove from burner.



4. Make Sauce, Heat Rice, and Finish Dish

- In a mixing bowl, combine **green portions of green onions**, remaining **ginger**, and **teriyaki glaze**.
- Carefully massage **rice** in bag to break up any clumps. Tear a small slit in an upper corner of bag to vent. Place upright in microwave and heat, 60 seconds.
- Carefully remove from microwave.
- Plate dish as pictured on front of card, topping rice with **mahi-mahi, vegetables**, and sauce. Bon appétit!