



NUTRITION *per serving* 59g carbohydrates 7g fat 48g protein 1025mg sodium | low-calorie, gluten-free, soy-free, nut-free

 Calories
608

 Prep & Cook Time
25-35 min.

 Cook Within
3 days

 Difficulty
Easy

 Spice Level
Medium

IN YOUR BOX

2 Tbsp. Butter
15 oz. Canned Black Beans
1 Lime
6 oz. Frozen Mangoes
3 oz. Grape Tomatoes
8 oz. Green Beans
1 Jalapeño Pepper
2 Mahi-Mahi
1/8 tsp. Smoked Paprika

IN YOUR KITCHEN

Olive Oil
Salt
Pepper
Colander
Grill Pan or Outdoor Grill
Mixing Bowl
Medium Non-Stick Pan
Small Bowl

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HOME CHEF

Grilled Mahi-Mahi with Smoky Lime Butter
with mango black bean salsa

BEFORE YOU COOK

- Take a minute to read through the recipe before you start—we promise it will be time well spent!
- Set butter on counter to soften
- Place a colander in the sink
- Thoroughly rinse produce and pat dry

WHILE YOU COOK

- If you prefer more spice in your dish, keep some or all jalapeño seeds.
- **Heads up!** You'll have extra black beans left over—they make a great addition to any salad.

FROM THE CHEF

When grilling the mahi mahi, rotate fish 45 degrees every 2-3 minutes on each side to create a “cross-hatch” grill pattern. This not only looks cool, but helps with even cooking as well.

Did you know...

In addition to being sweet and delicious, mangos are packed with Vitamins A and C.



1

Prepare the Ingredients

Preheat an outdoor grill or grill pan over medium heat. Drain and rinse **black beans** in colander. Zest **lime**, halve, and juice. Rinse **mango** under warm water (if still frozen) and cut into ¼” pieces. Halve **grape tomatoes**. Trim ends off **green beans**. Stem **jalapeño** and cut a few thin rounds for garnish. Halve remainder, seed, and mince. Rinse **mahi-mahi**, pat dry, and season both sides with a pinch of **salt and pepper**.



4

Cook the Green Beans

Heat 1 tsp. **olive oil** in a medium pan over medium-high heat. Add **green beans** and cook 3 minutes, or until beginning to caramelize. Add 3 Tbsp. **water** and a pinch of **salt**, cover, and cook 4 more minutes until vibrant green and tender.



2

Cook the Mahi-Mahi

Drizzle **mahi-mahi** with 1 tsp. **olive oil** and place on preheated grill. Cook 4-5 minutes per side, turning as needed to prevent burning, until fish is firm and reaches a minimum internal temperature of 145 degrees. Remove to a plate and allow to rest.



5

Make the Smoky Lime Butter

Combine **softened butter**, **smoked paprika**, and **lime zest** (to taste) in a small bowl. Mix to combine thoroughly.



3

Make the Mango-Black Bean Salsa

In a medium mixing bowl, combine 1 cup **black beans**, **mango**, **grape tomatoes**, **jalapeño** (to taste), and 1 Tbsp. **lime juice**. Season with ½ tsp. **salt** and a pinch of **pepper**. Taste and add more lime juice as desired. Set aside, mixing just before serving.



6

Plate the Dish

Place a serving of **green beans** and **mango black bean salsa** on plate. Place **mahi-mahi** over salsa and top with **smoky lime butter**. Garnish with **jalapeño rounds**.