



NUTRITION *per serving* 14g carbohydrates 12g fat 29g protein 714mg sodium | low-calorie, low-carb, gluten-free, dairy-free, shellfish-free, nut-free



Calories
318



Prep & Cook Time
25-35 min.



Cook Within
3 days



Difficulty
Easy



Spice Level
Medium

IN YOUR BOX

- 1 Lemon
- 1 Red Bell Pepper
- 2 Green Onions
- 2 Mahi-Mahi Fillets
- 1 tsp. Gochujang Red Pepper Paste
- 1 Tbsp. Multicolor Sesame Seeds
- 1 oz. Honey
- ½ fl. oz. Soy Sauce—Gluten-Free
- 1 tsp. Chopped Ginger
- 2 oz. Spinach
- 4 oz. Shredded Cabbage

IN YOUR KITCHEN

- Olive Oil
- Salt
- Pepper
- Small Bowl
- Medium Oven-Safe Non-Stick Pan
- Mixing Bowl

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HOME CHEF

Korean Sesame and Chile Roasted Mahi-Mahi

with spinach salad

BEFORE YOU COOK

- Take a minute to read through the recipe before you start—we promise it will be time well spent!
- Preheat oven to **425 degrees**
- Thoroughly rinse produce and pat dry

WHILE YOU COOK

- Salt refers to **kosher salt** in this recipe—it has bigger grains and is easier to pinch than table salt, allowing more control over flavor. If using regular table salt, reduce measured amounts by half.
- **Gochujang** is a spicy and slightly sweet paste of chiles and fermented soy commonly found in Korean cuisine. Use to taste or omit from recipe to control spice.
- **Heads Up!** Lemon zest is used twice. Half is added to **sesame chile paste** and remaining garnishes **mahi-mahi**.
- **Heads Up!** Green onions are used twice. **White portions** are added to **salad**, and **green portions** garnish dish.

FROM THE CHEF

Want to get the most juice out of your lemon? Before cutting, we recommend microwaving lemon for 15-20 seconds to “soften” the fruit. Then, gently roll softened fruit on your work surface while pressing on it with your palm. Finally, give yourself some serious mechanical advantage by placing a cut half in between arms of a pair of tongs to make squeezing much easier.

Did you know...

Gochujang is a staple condiment in Korean cuisine, and not just because it's delicious. Its abundant Vitamin C and B2 content make it a valuable dietary supplement!



Prepare the Ingredients

Zest **lemon**, halve, and juice. Stem, seed, and thinly slice **red bell pepper** into sticks (julienne). Trim **green onions**, thinly slice **white portions**, and julienne **green portions**. Rinse **mahi-mahi**, pat dry, and season both sides with a pinch of **salt and pepper**.



Make the Salad

While fish roasts, whisk together **soy sauce**, 3 Tbsp. **lemon juice**, 2 Tbsp. **olive oil**, **ginger**, and **white portions of green onion** in a large mixing bowl. Add **spinach**, **red pepper**, and **shredded cabbage**. Mix and toss to coat. Season to taste with **salt and pepper**.



Make the Sesame Chile Paste

Combine **gochujang** (to taste), **sesame seeds**, **honey**, half the **lemon zest** (reserve remaining for garnish), and 1 Tbsp. **olive oil** in a small bowl.



Plate the Dish

Place **salad** on a plate. Serve **mahi-mahi** on top of salad and garnish fish with **green portions of green onion** and remaining **lemon zest**.



Cook the Fish

Heat a medium non-stick oven-safe pan and 2 tsp. **olive oil** over medium-high heat. Gently place **mahi-mahi** in hot pan and cook 3-4 minutes on one side, or until golden brown. Flip, spread **sesame chile paste** on top, and transfer to oven. Bake 5-7 minutes, or until **mahi-mahi** reaches a minimum internal temperature of 145 degrees. *Be careful when removing pan from oven—handle will be hot!*