



#### In your box

- 6 Tbsp. Coconut Panko
- ½ tsp. Seasoned Salt Blend
- 8 oz. Carrot
- 4 oz. Mandarin Oranges in Juice
- 1 Tbsp. Cornstarch
- ¼ oz. Cilantro
- 1 oz. Macadamia Nuts
- 2 oz. Sweet Chili Sauce
- ¾ cup Jasmine Rice

#### Customize It Options

- 12 oz. Mahi-Mahi Fillets
- 13 oz. Boneless Skinless Chicken Breasts

\*Contains: wheat, tree nuts (coconuts, macadamia nuts)

#### You will need

- Olive Oil, Salt, Pepper, Cooking Spray
- 2 Mixing Bowls, Small Pot, 2 Medium Non-Stick Pans



Culinary Collection

## Coconut-Crusted Mahi-Mahi and Mandarin-Chili Sauce

with macadamia nut carrots and cilantro rice

NUTRITION per serving—Calories: 842, Carbohydrates: 104g, Fat: 29g, Protein: 40g, Sodium: 1712mg.

Processed in a facility that also processes peanut, tree nut, wheat, egg, soy, milk, fish, and shellfish ingredients.

\*Nutrition & allergen information varies based on menu selection and ingredient availability. Review protein and meal labels for updated information.

Prep & Cook Time

35-45 min.

Cook Within

3 days

Difficulty Level

Expert

Spice Level

Medium

## 👑 Before you cook

Take a minute to read through the recipe before you start—we promise it will be time well spent!

- If using fresh produce, thoroughly rinse and pat dry
- Preheat oven to **400 degrees**
- Prepare a baking sheet with foil and cooking spray

### Customize It Instructions

- If using **chicken breasts**, pat dry and season both sides with a pinch of **salt** and **pepper**. Follow same instructions as mahi-mahi in Steps, 4 and 5. Cook until panko is golden brown and chicken reaches minimum internal temperature, 5-7 minutes per side.

Minimum Internal Temperature

Steak 145° | Chicken 165° | Pork 145° | Salmon 145° | Shrimp 145°



1

### Cook the Rice

- Stem and coarsely chop **cilantro**.
- Bring a small pot with **rice**,  $\frac{1}{4}$  tsp. **salt**, and  $1\frac{1}{2}$  cups **water** to a boil.
- Reduce to a simmer, cover, and cook until rice is tender, 18-20 minutes.
- Remove from burner and stir in cilantro. Set aside.
- While rice cooks, prepare ingredients.



2

### Prepare the Ingredients

- Peel, trim and slice **carrot** into  $\frac{1}{4}$ " slices on an angle.
- Coarsely chop **macadamia nuts**.
- Combine **cornstarch** and 2 tsp. **water** in a mixing bowl until smooth. Set aside.
- Drain liquid from **mandarin oranges** and coarsely chop. Combine oranges and **sweet chili sauce** in another mixing bowl. Set aside.
- Halve **mahi-mahi** and pat dry. Season both sides with **seasoned salt**.



3

### Cook the Carrot

- Place a medium non-stick pan over medium heat and add 2 tsp. **olive oil**.
- Add **carrot**,  $\frac{1}{4}$  tsp. **salt**, and a pinch of **pepper** to hot pan. Stir occasionally until carrot is tender, 5-7 minutes.
- *If carrots need more time, add 2 Tbsp. water and stir occasionally until tender, 2-3 minutes.*
- Remove from burner and stir in **macadamia nuts** until combined.
- While carrot cooks, prepare mahi-mahi.



4

### Prepare the Mahi-Mahi

- Stir **cornstarch mixture** to recombine.
- Place **coconut panko** on a plate or in a shallow bowl.
- Place a **mahi-mahi** piece on cornstarch mixture, coating one side. Then place cornstarch-coated side of mahi-mahi on panko, pressing gently to adhere. *Mahi-mahi will only be crusted on one side.* Repeat with remaining mahi-mahi pieces.



5

### Cook Mahi-Mahi and Finish the Dish

- Place another medium non-stick pan over medium heat and add 1 Tbsp. **olive oil**.
- Add **mahi-mahi** to hot pan, panko-side down. Cook until panko is lightly browned and mahi-mahi reaches a minimum internal temperature of 145 degrees, 2-4 minutes per side.
- Remove cooked mahi-mahi to a plate.
- Plate dish as pictured on front of card, topping mahi-mahi with **mandarin-chili sauce**. Bon appétit!