



**In your box**

16 oz. Scallops  
16 oz. Shrimp  
24 oz. Mahi-Mahi Fillets



## Ocean-Fresh Seafood Pack

includes 6 mahi-mahi fillets, 16 oz. shrimp, and 16 oz. scallops

Prep & Cook Time 10-20 min. | Difficulty Level Easy | Spice Level Not Spicy



1

### Mahi-Mahi Instructions

- Pat **mahi-mahi** dry. We recommend seasoning both sides with  $\frac{1}{4}$  tsp. salt and a pinch of pepper.
- Place a large non-stick pan over medium-high heat and add 2 tsp. olive oil. Add fish to hot pan and cook to a minimum internal temperature of 145 degrees, 3-5 minutes per side.



2

### Scallop Instructions

- Pat **scallops** dry. We recommend seasoning both sides with  $\frac{1}{4}$  tsp. salt and a pinch of pepper.
- Place a large non-stick pan over medium-high heat and add 2 tsp. olive oil. Add scallops to hot pan and cook to a minimum internal temperature of 145 degrees, 1-2 minutes per side.






3

### Shrimp Instructions

- Pat **shrimp** dry. We recommend seasoning both sides with a pinch of salt and pepper.
- Place a large non-stick pan over medium-high heat and add 2 tsp. olive oil. Add shrimp to hot pan and cook undisturbed until seared on one side, 2-3 minutes.
- Flip, and cook until shrimp reaches a minimum internal temperature of 145 degrees, 1-2 minutes.

NUTRITION per serving—Calories: 145, Carbohydrates: 3g, Fat: 1g, Protein: 30g, Sodium: 660mg.  
Processed in a facility that also processes peanut, tree nut, wheat, egg, soy, milk, fish, and shellfish ingredients.

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