



In your box

2 tsp. Sambal
1 ½ fl. oz. Honey
1 Lime
2 Heads of Baby Bok Choy
2 tsp. Asian Garlic and Ginger Seasoning
¾ cup Jasmine Rice
2 Tbsp. Toasted Coconut
4 Pineapple Rings
.20 fl. oz. Tamari Soy Sauce

Customize It Options

12 oz. Mahi-Mahi Fillets
13 oz. Boneless Skinless Chicken Breasts
12 oz. Salmon Fillets
12 oz. Wild-Caught Alaskan Sockeye Salmon Fillets

*Contains: soy, tree nuts (coconuts), fish (salmon, tilapia)

You will need

Olive Oil, Salt, Pepper, Cooking Spray
Mixing Bowl, Large Non-Stick Pan, Small Pot, Baking Sheet



Culinary Collection

Sweet and Spicy Coconut Mahi-Mahi

with charred baby bok choy and pineapple rice

NUTRITION per serving—Calories: 721, Carbohydrates: 103g, Fat: 17g, Protein: 38g, Sodium: 1301mg.

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

40-50 min.

Cook Within

3 days

Difficulty Level

Intermediate

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 **425 degrees**
- ☐ Prepare a baking sheet with foil and cooking spray

Customize It Instructions

- If using wild-caught salmon, pat dry and season flesh side with ¼ tsp. **salt** and a pinch of **pepper**. Follow same instructions as mahi-mahi in Step 4, roasting until salmon reaches minimum internal temperature, 9-11 minutes.
- If using regular salmon fillets, pat dry and season flesh side with ¼ tsp. salt and a pinch of pepper. Follow same instructions as mahi-mahi in Step 4, roasting until salmon reaches minimum internal temperature, 13-15 minutes.
- If using chicken breasts, follow same instructions as mahi-mahi in Steps 2 and 4, topping with macadamia-coconut mixture and roasting until chicken reaches minimum internal temperature, 16-18 minutes.

Minimum Internal Temperature

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



1

Cook the Rice

- Bring a small pot with **rice**, a pinch of **salt**, and 1½ 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 **soy sauce**. Set aside.
- While rice cooks, prepare ingredients.



2

Prepare the Ingredients

- Halve **lime**. Juice one half and cut remaining half into wedges.
- Halve **bok choy** lengthwise. Season with **seasoning blend** and 1 tsp. **olive oil**.
- Pat **mahi-mahi** dry, and season both sides with ¼ tsp. **salt** and a pinch of **pepper**.



3

Char Pineapple and Cook Bok Choy

- Heat 1 tsp. **olive oil** in a large non-stick pan over medium heat. Add **pineapple** to hot pan and cook until lightly browned, 2-3 minutes per side.
- Transfer pineapple to a plate and wipe pan clean. Return pan to medium heat and add 2 tsp. olive oil.
- Add **bok choy** to hot pan and cook until fork-tender, 3-5 minutes per side.
- Remove from burner.
- While bok choy cooks, roast mahi-mahi.



4

Roast Mahi-Mahi and Make Sauce

- Place **mahi-mahi** on prepared baking sheet and drizzle with 1 tsp. **olive oil**.
- Roast in hot oven until mahi-mahi reaches a minimum internal temperature of 145 degrees, 8-10 minutes.
- While mahi-mahi bakes, combine **honey**, **sambal** (to taste), 2 tsp. **lime juice**, and 1 tsp. **water** in a mixing bowl. Set aside.



5

Finish the Dish

- Coarsely chop **pineapple** and stir into **rice**.
- Halve **mahi-mahi** fillets
- Plate dish as pictured on front of card, placing mahi-mahi on **rice** and drizzling with **honey-sambal sauce**. Garnish with mahi-mahi **toasted coconut** and squeeze **lime wedges** over dish to taste. Bon appétit!