



### In your box

- 12 oz. Red Potatoes
- 2 oz. Sour Cream
- ½ tsp. Garlic Salt
- ¼ oz. Brined Green Peppercorns
- 8 oz. Carrot
- 2 tsp. Mirepoix Base
- 2 Green Onions
- 1.2 oz. Garlic & Herb Cheese Spread
- 1 oz. Tuscan Herb Butter

### Customize It Options

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

\*Contains: milk, fish (salmon, mahi-mahi)

### You will need

Olive Oil, Salt, Pepper, Cooking Spray  
Colander, Medium Pot, Baking Sheet,  
Medium Non-Stick Pan



Culinary Collection

## Mahi-Mahi and Green Peppercorn Sauce

with mashed red potatoes and carrots

NUTRITION per serving—Calories: 588, Carbohydrates: 48g, Fat: 29g, Protein: 39g, Sodium: 1530mg.  
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

Not Spicy

## 👑 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
- Ingredient(s) used more than once: **green onions, garlic salt**

### Customize It Instructions

- If using **salmon**, pat dry and season flesh side with a pinch of **salt** and **pepper**; no need to halve. Follow same instructions as mahi-mahi in Step 4, placing in hot pan skin side up and cooking until salmon reaches minimum internal temperature, 4-6 minutes per side.
- If using **wild-caught salmon**, pat dry and season flesh side with a pinch of **salt** and **pepper**. Follow same instructions as mahi-mahi in Step 4, placing in hot pan skin side up and cooking until salmon reaches minimum internal temperature, 3-5 minutes per side.
- If using **chicken breasts**, pat dry and season both sides with a pinch of **salt** and **pepper**. Follow same instructions as mahi-mahi in Step 4, cooking until chicken reaches minimum internal temperature, 5-7 minutes per side.

Minimum Internal Temperature

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



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### Start Potatoes and Prepare Ingredients

- Quarter **potatoes**.
- Bring a medium pot with potatoes covered by **water** to a boil. Cook until fork-tender, 15-18 minutes.
- While potatoes cook, trim and thinly slice **green onions** on an angle, keeping white and green portions separate.
- Peel, trim, and cut **carrot** into ¼" slices on an angle.
- Pat **mahi-mahi** dry and halve. Season both sides with ¼ tsp. **salt** and a pinch of **pepper**.



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### Roast the Carrot Slices

- Place carrot slices on prepared baking sheet and toss with 2 tsp. **olive oil**, half the **garlic salt** (reserve remaining for potatoes), and a pinch of **pepper**. Massage oil and seasoning into carrot slices
- Spread into a single layer and roast in hot oven until fork-tender, 15-17 minutes.
- While carrot slices roast, finish potatoes.



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### Finish the Potatoes

- Drain cooked **potatoes** in a colander and return to pot.
- Add **butter**, **sour cream**, **green portions of green onions**, remaining **garlic salt**, ¼ tsp. **salt**, and a pinch of **pepper**. Mash until mostly smooth. Cover and set aside.



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### Cook the Mahi-Mahi

- Place a medium non-stick pan over medium heat and add 1 tsp. **olive oil**.
- Add **mahi-mahi** to hot pan and cook until fish reaches a minimum internal temperature of 145 degrees, 3-5 minutes per side.
- Remove mahi-mahi to a plate and tent with foil. Reserve pan; no need to wipe pan clean.



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### Make Sauce and Finish Dish

- Return pan used to cook mahi-mahi to medium heat and add 1 tsp. **olive oil**. Add **white portions of green onions** to hot pan and cook, 1 minute.
- Add **peppercorns**, ¼ cup **water**, **mirepoix base**, and **cheese spread**. Stir often until cheese spread is incorporated and sauce is thickened, 2-3 minutes.
- Remove from burner.
- Plate dish as pictured on front of card, topping **mahi-mahi** with **sauce**. Bon appétit!