



In your box

.84 oz. Mayonnaise
18 oz. Sweet Potato
½ fl. oz. Honey
6 fl. oz. Canola Oil
3 oz. Corn Muffin Mix
1 Ear of Corn
1 oz. Smoky BBQ Sauce
4 Butter Crackers
1 tsp. BBQ Spice Rub

Customize It Options

12 oz. Mahi-Mahi Fillets
13 ½ oz. Organic Boneless Skinless
Chicken Breasts
13 oz. Boneless Skinless Chicken
Breasts

*Contains: eggs, wheat, soy

You will need

Olive Oil, Salt, Pepper, Cooking Spray
Baking Sheet, Medium Non-Stick
Pan, Mixing Bowl



Culinary Collection

Cornbread-Crusted Mahi-Mahi and Honey-BBQ Aioli

with corn on the cob and sweet potato wedges

NUTRITION per serving—Calories: 968, Carbohydrates: 107g, Fat: 44g, Protein: 38g, Sodium: 1611mg.

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

Mild

👑 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
- Ingredient(s) used more than once: **corn muffin mix**

Customize It Instructions

- If using **chicken breasts**, follow same instructions as mahi-mahi in Steps 2 and 4, flipping every 3-5 minutes until golden brown and chicken reaches a minimum internal temperature of 165 degrees, 10-14 minutes. Rest fried chicken at least 5 minutes.

Minimum Internal Temperature

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



1

Roast the Sweet Potatoes and Corn

- Cut **sweet potato** into ½" wedges.
- Peel husk off **corn** and halve.
- Place sweet potato wedges on one side of prepared baking sheet and toss with 2 tsp. **olive oil**, **seasoning rub**, ½ tsp. **salt**, and a pinch of **pepper**. Massage oil and seasoning into potatoes and spread into a single layer on their side.
- Place corn on empty side and top with 1 tsp. olive oil, and a pinch of salt and pepper. Roll corn to cover evenly.
- Roast in hot oven until vegetables are tender, 18-22 minutes.
- While vegetables roast, prepare remaining ingredients.



2

Prepare Ingredients and Make Honey BBQ Aioli

- Coarsely crush **butter crackers**.
- In a mixing bowl, combine **smoky BBQ sauce**, **mayonnaise**, and half the **honey**. Taste, and add more honey if desired. Set aside.
- Measure out 2 Tbsp. **corn muffin mix** and place on a plate. (Reserve remaining corn muffin mix for batter.)
- Halve **mahi-mahi** and pat dry. Place mahi-mahi on corn muffin mix, flipping to lightly coat. Shake off excess.



3

Heat Oil and Make Batter

- Place a medium non-stick pan over medium heat. Add **canola oil** and let heat, 5 minutes.
- While oil heats, combine remaining **corn muffin mix** and ¼ cup **water** until a thin batter forms, like a pancake batter.
- *If too thick, add water, 1 tsp. at a time, until desired consistency is reached.*
- Stir in **crackers** until completely incorporated.



4

Batter and Fry the Fish

- Line a plate with a paper towel.
- Test **oil** temperature by adding a pinch of **batter** to it. It should sizzle gently. If it browns immediately, turn heat down and let oil cool. If it doesn't brown, increase heat.
- Working in batches if necessary, dip **mahi-mahi** in batter, covering completely, then immediately and carefully place in hot oil. Cook until golden brown and mahi-mahi reaches a minimum internal temperature of 145 degrees, 3-5 minutes per side.
- Remove fish to towel-lined plate.



5

Finish the Dish

- Plate dish as pictured on front of card, topping **mahi-mahi** with **honey-BBQ aioli**. Bon appétit!