



More than Food

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Panko-Crusted Mahi Mahi

with Wasabi Aioli, Quinoa, and Green Bean-Tomato Sauté

Pungent wasabi gives a nice little kick to the delicate, mild flavor of mahi mahi. A simple veggie sauté completes this light and healthy weeknight dinner.



30 min



level 1



make me first



dairy free



nut free



Mahi Mahi



Mayonnaise



Green Beans



Grape Tomatoes



Shallot



Wasabi Paste



Panko



Lime



White Quinoa

Ingredients

		2 People	4 People
Mahi Mahi	1)	12 oz	24 oz
Mayonnaise	2)	2 T	4 T
Green Beans		6 oz	12 oz
Grape Tomatoes		4 oz	8 oz
Shallot		1	2
Wasabi Paste 🌶️		1 t	2 t
Panko	3) 4)	½ C	1 C
Lime		1	2
White Quinoa		½ C	1 C
Butter*	5)	2 T	4 T
Oil*		1 t	2 t

*Not Included

Allergens

- 1) Fish
- 2) Egg
- 3) Wheat
- 4) Soy
- 5) Milk

Ruler

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Nutrition per person Calories: 694 cal | Fat: 31 g | Sat. Fat: 9 g | Protein: 50 g | Carbs: 58 g | Sugar: 8 g | Sodium: 377 mg | Fiber: 8 g

Make sure to wash and dry produce before prepping or cooking!



1 Prep the ingredients: Preheat the oven to 350 degrees. In a small pot, bring **1 cup water** with a large pinch of **salt** to a boil. Zest and halve the **lime**. Cut one half into wedges. Halve, peel, and finely chop the **shallot**. Halve the **tomatoes**. Trim the ends of the **green beans**.

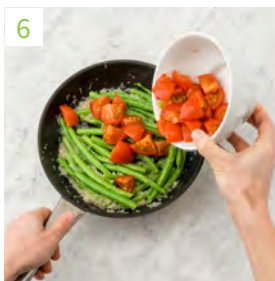


2 Cook the quinoa: Add the **quinoa** to the boiling water, cover, and reduce to a low simmer for 15-20 minutes, until tender. Season with **salt** and **pepper**.



3 Make the wasabi aioli: In a small bowl, combine the **mayonnaise**, **lime zest**, a squeeze of **lime** (to taste) and the **wasabi** (to taste). Season with **salt** and **pepper**.

4 Make the panko crust: In a medium pan, melt **1 Tablespoon butter**. Toss the **panko** into the **melted butter** and season with **salt** and **pepper**. Transfer the **panko** to a plate and wipe out the pan.



5 Cook the mahi mahi: Season the **mahi mahi** on all sides with **salt** and **pepper**. Spread the top of each fillet with **1 teaspoon of wasabi aioli**. Press the **panko** onto the top of each fillet and place onto a lightly oiled baking sheet. Bake in the oven for about 10 minutes, until flaky and opaque.

6 Sauté the green beans and tomatoes: Meanwhile, heat **1 Tablespoon butter** in the same pan over medium heat. Add the **shallot** and **green beans** and cook, tossing, for 4-5 minutes, until the **shallots** are softened. Add a splash of water to the pan and let the green beans steam until tender. Add the **tomatoes** and cook, tossing, for another 1-2 minutes, until heated through. Season with **salt** and **pepper**.

7 Plate: Serve the **panko-crust mahi mahi** on a bed of **veggies** and **quinoa**. Serve with the **remaining wasabi aioli** and a wedge of **lime**. Enjoy!