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## Mahi Mahi Piccata

with Capers, Israeli Couscous Pilaf, and Sautéed Spinach

Typically made with chicken, we're giving mahi mahi a "piccata" twist. A savory butter sauce of briny capers, thyme, and lemon lends the dish its characteristic flavor. Special enough for a dinner party, this dish will be ready in under 30 minutes!



30 min



level 2



nut free



make me first



Mahi Mahi



Shallot



Capers



Israeli Couscous



Vegetable Stock Concentrate



Thyme



Spinach



Lemon

## Ingredients

	2 People	4 People
Mahi Mahi	12 oz	24 oz
Shallot	1	2
Capers	1 oz	2 oz
Israeli Couscous	$\frac{3}{4}$ c	1 $\frac{1}{2}$ c
Vegetable Stock Concentrate	1	2
Thyme	$\frac{1}{4}$ oz	$\frac{1}{2}$ oz
Spinach	5 oz	10 oz
Lemon	1	2
Butter*	2 T	4 T
Olive Oil*	1 T	2 T

\*Not Included

## Allergens

- 1) Fish
- 2) Wheat
- 3) Milk

## Tools

Large Pan,  
Medium Pot, Strainer

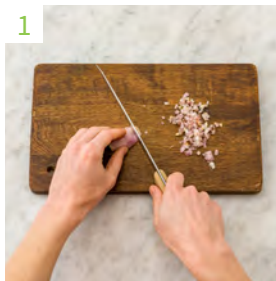
Ruler

0 in  $\frac{1}{4}$  in  $\frac{1}{2}$  in  $\frac{3}{4}$  in 1 in

**Nutrition per person** Calories: 662 cal | Fat: 21 g | Sat. Fat: 8 g | Protein: 53 g | Carbs: 69 g | Sugar: 4 g | Sodium: 732 mg | Fiber: 9 g

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

1



**1 Prep the ingredients:** Halve, peel, and finely chop the **shallot**.

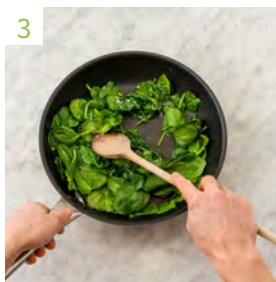
Halve the **lemon**. Cut one of the halves into wedges. Drain and rinse the **capers**.

2



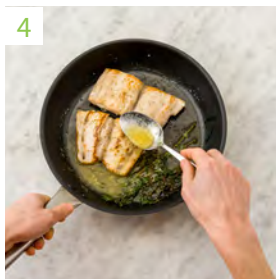
**2 Cook the Israeli couscous:** Heat a drizzle of **oil** in a medium pot over medium heat. Add half the **shallot** and cook, tossing for 2-3 minutes, until softened. Add the **couscous**, **stock concentrate**, **1  $\frac{1}{2}$  cups water**, and a large pinch of **salt**. Bring to a boil, cover, and reduce to a low simmer for 10-12 minutes, until tender.

3



**3 Sauté the spinach:** Heat a drizzle of **oil** in a large pan over medium heat. Add the rest of the **shallot** and cook, for 2-3 minutes, until softened. Add the **spinach** and toss for 2-3 minutes, until wilted. Season with **salt** and **pepper**, set aside, and cover to keep warm.

4



**4 Cook the mahi mahi:** Season the **mahi mahi** with **salt** and **pepper**. Heat a drizzle of **oil** in the same pan over medium-high heat. Once very hot, add the mahi mahi to the pan and cook, for 2-3 minutes per side, until slightly golden brown, and almost opaque in the center.

**5 Make the lemon butter sauce:** Add the **thyme** and the **butter** to the pan. Once melted, spoon the butter over the **mahi mahi** until it is cooked through. Add the **capers** and the juice of half the **lemon**. Season the sauce with **salt** and **pepper**. Discard the thyme.

**6 Plate:** Serve the **mahi mahi** on a bed of **Israeli couscous** and **sautéed spinach**. Drizzle over the **lemon-butter sauce** and garnish with the **lemon wedges**. Enjoy!