

CAJUN BUTTER MAHI

with corn & okra maque choux over Carolina Gold rice

Chef Torie Cox

30 min active, 45 min total; allergens: fish, dairy

IN THE BAG:

Measurements are for meal kits serving 2; double to serve 4

- 2 mahi mahi fillets
- 1 c okra
- 1 scallion
- 2 ears corn
- ½ c onion
- 1 ½ t garlic
- 1 c sweet pepper
- 1 T Cajun seasoning
- 1 oz butter
- ¾ c Carolina Gold rice

NEED AT HOME: oil, salt & pepper

Instructions in parentheses are for meal kits serving 4

1. COOK RICE

- In a pot, heat 1 Tbsp oil (*2 Tbsp for meals serving 4*) over med
- Add rice and stir to toast for 2 min
- Add 1 ¼ cups water (*2 ½ cups*) & salt and bring to a boil, then reduce heat to low, cover and cook 15 min, then remove from heat and let stand for about 10 min

2. COOK MAQUE CHOUX & MAKE CAJUN BUTTER

- Slice okra into ¼" thick rounds
- Remove core and cut pepper into ½" dice
- Cut corn kernels from the cobs

- Slice scallion(s)
- In a large sauté pan over med, add 1 Tbsp oil (2 *Tbsp*), diced peppers & onion, then cook for 5 min or until beginning to soften
- Add corn, okra & HALF of garlic, cook 5-7 min, until tender, season with salt & pepper, then remove to a bowl and wipe out pan
- Melt butter in a small bowl in the microwave, then stir in HALF of Cajun seasoning, remaining garlic & salt

3. COOK FISH

- In the same sauté pan used for veggies, heat 1 Tbsp oil (2 *Tbsp*) over med-high
- Pat mahi dry and season with remaining Cajun seasoning, salt and pepper
- Add fish to hot pan and cook 2-3 min per side or until desired doneness
- Add scallions to rice and fluff with a fork

4. GARNISH & GATHER

- Divide fish, rice & maque choux among plates, then drizzle with Cajun butter sauce