



Redefining
SENIOR
LIVING

SEARED MAHI-MAHI WITH BUTTERNUT SQUASH PURÉE, ROASTED BRUSSELS SPROUTS & APPLE CIDER REDUCTION



Ingredients (Serves 4)

For the Mahi-Mahi:

- 4 mahi-mahi fillets (6 oz each), skin removed
- 2 tbsp olive oil
- Salt & freshly cracked black pepper
- 1 tbsp unsalted butter

For the Butternut Squash Purée:

- 1 medium butternut squash (about 2 lbs), peeled and cubed
- 2 tbsp olive oil
- 2 tbsp unsalted butter
- 1/2 cup heavy cream (or oat milk for lighter version)
- Salt & pepper to taste
- Pinch of nutmeg (optional)

For the Roasted Brussels Sprouts:

- 1 lb Brussels sprouts, trimmed and halved
- 2 tbsp olive oil
- Salt & pepper
- 1 tsp balsamic vinegar (optional, for brightness)

For the Apple Cider Reduction:

- 2 cups apple cider (not vinegar)
- 1 tbsp apple cider vinegar
- 1 tsp Dijon mustard
- 1 tbsp honey or maple syrup
- 1 tbsp cold butter

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Directions

Make the Butternut Squash Purée

1. Preheat oven to 400°F (200°C).
2. Toss butternut squash cubes with olive oil, salt, and pepper.
3. Roast on a sheet pan for 25–30 minutes until tender and caramelized.
4. Transfer to a blender or food processor, add butter and cream, and blend until silky smooth. Adjust seasoning and add a pinch of nutmeg if desired. Keep warm.

Roast the Brussels Sprouts

5. Toss halved sprouts with olive oil, salt, and pepper.
6. Spread on a baking sheet, cut-side down, and roast at 400°F for 20–25 minutes until browned and crispy.
7. Optional: drizzle with balsamic vinegar before serving.

Prepare the Apple Cider Reduction

8. In a small saucepan, bring apple cider and apple cider vinegar to a boil.
9. Reduce heat and simmer until liquid reduces by about two-thirds (should coat the back of a spoon).
10. Whisk in Dijon, honey, and finish with cold butter for a glossy finish. Keep warm.

Cook the Mahi-Mahi

11. Pat fish dry and season with salt and pepper.
12. Heat olive oil in a skillet over medium-high until shimmering.
13. Place fillets presentation side down and sear for 3–4 minutes until golden.
14. Flip, add butter, and cook another 2–3 minutes until fish is opaque and flakes easily.

Assemble the Dish

15. Spoon a bed of butternut squash purée onto each plate.
16. Place seared mahi-mahi fillet on top.
17. Arrange roasted Brussels sprouts around the fish.
18. Drizzle with apple cider reduction.

Chef's Tip: Garnish with microgreens, toasted pumpkin seeds, or a few thin apple slices for extra texture and presentation.



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