

Grilled Mediterranean Mahi Mahi with Sauce

Courtesy of Carole's Creations

Prep Time: 10 minutes

Cooking Time: 10 minutes

Serves: 4

CChints: Mahi Mahi is a popular because of pairs well with just about anything from fruits to spicy sauces and can be grilled, broiled, fried or baked. It has a mild, sweet flavor and a 4.5 ounce serving has 139 calories and 1.2 grams of fat. Some supermarkets have it fresh and even frozen which should have been frozen fresh and is great. You will need a cast iron griddle for this recipe or put your fish in a pan made specifically for vegetables and fish.



4 servings of Mahi Mahi, fresh preferred, but if frozen, thawed in the refrigerator.

2 teaspoon olive oil + 2 teaspoons more for the sauce

1/2 teaspoon Herb de Provence (crushed) or Italian Seasoning

1/4 teaspoon smoked paprika

1/2 teaspoon salt and a dash of pepper

3 glove garlic, minced, fresh or from a jar, divided, 1 glove for fish and 2 gloves for the sauce

Zest of one lemon, half for the fish and half for the sauce

1-1/2 pints cherry tomatoes

1/3 cup slice shallots or sweet yellow onion, sliced thin

1/3 cup Kalamata olives, seeded and chopped

2 tablespoons capers, rinsed and drained

2 tablespoons fresh oregano, chopped

1/2 cup low sodium chicken broth

4 servings of steamed vegetables like broccoli, asparagus or zucchini

Rinse and pat dry each Mahi portion and lay them on a plate. Rub all sides with the olive oil and sprinkle both sides with the herbs through pepper. Sprinkle one side, the flattest side, with the garlic and zest. Let sit at room temperature while heat the grill to medium heat.

The goal here is to have the fish and the sauce done at the same time. Start preparing the sauce. Heat 2 teaspoons oil in a nonstick skillet on medium heat until the pan is warm. Add the tomatoes through capers and stir occasionally for 3 minutes.

Start the fish by laying them on the griddle or grill pan. Cook for 3 minutes on each side until done. When the fish is done it should flake and no longer be pink in the center.

Add the garlic, lemon zest through chicken broth to the sauce and cook until the tomatoes are cooked and softened, about 5 minutes. During this time you can prepare your side vegetable.

To plate your meals, put a piece of fish on each place. Divide the sauce evenly over the 4 portions. Add your side vegetable and enjoy a lovely meal.

Caroleicious!