



Coconut Mahi Mahi

Mahi Mahi, also known as Dorado or Dolphin Fish is plentiful in tropical waters and local to the Southeast coast. Meaty, mild, and versatile, Mahi works well in many applications and can handle strong seasoning. Here we simple apply a thin layer of super-nutritious unsweetened coconut for an easy flavor boost.

INGREDIENTS:

2-5 oz. filets, fresh Mahi Mahi.
2 Tbsp coconut, grated
Dash of sea salt
Freshly ground black pepper to taste

PREPARATION:

- Preheat oven to 400 degrees
- Lightly spray baking sheet with cooking spray
- Place Mahi Mahi fillets on baking sheet
- Pat one tablespoon of coconut on top of each fillet
- Season with salt and pepper
- Bake for 15 minutes (depending on thickness)
- Serve with tropical fruit salsa (see Pineapple Salsa recipe), and steamed rice

Number of Servings: 2
Calories: 120
Fat grams: 3 grams

