

Chili Lime Mahi-Mahi w/Blackened Broccoli



Ingredients:

1. 3 c. broccoli florets, fresh or frozen
2. 2 T. water
3. 3 T. fresh lime juice
4. ½ c. fresh cilantro, chopped
5. 1/3 c. extra virgin olive oil
6. 1 T. honey, preferably local
7. ½ t. crushed red pepper flakes*
8. 1 t. chili powder
9. ½ t. ground cumin
10. ½ t. garlic powder
11. ½ t. salt
12. ¼ t. ground black pepper
13. 2 6 oz. mahi mahi fillets

*Use ¼ t. crushed red pepper flakes for less spicy results

Although this recipe was tested with mahi-mahi, the chili lime sauce would pair well with other types of white fish including halibut and snapper.

Directions:

1. Place the broccoli florets in a microwave safe bowl along with 2 tablespoons water. Cover and microwave on high for 2-3 minutes, or just until crisp tender. (Cook time will vary by unit, so check after 2 minutes and adjust cook time accordingly. Do not overcook). Remove from microwave and transfer broccoli to a strainer to drain. Set aside.

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Prep time: 10 minutes

Cook time: 15 minutes

Serves: 2

Chili Lime Mahi-Mahi with Blackened Broccoli

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Directions (continued):

2. While the broccoli is in the microwave, whisk together the lime juice, cilantro, one-quarter cup olive oil, honey, red pepper flakes, chili powder, ground cumin, garlic powder, salt, and black pepper in a medium bowl until well combined. Set aside.
3. Heat the remaining olive oil in a large, nonstick skillet over medium heat. Pat the mahi-mahi fillets dry with a paper towel and add to the hot skillet. Brush the tops and sides generously with the chili lime sauce while it cooks. After 4-5 minutes, carefully flip the fillets and brush the exposed surfaces with additional sauce.
4. Cook for another 3-4 minutes, or just until the fillets are cooked through. Remove from heat and transfer the mahi-mahi to a plate. Set aside.
5. Toss the steamed broccoli with the remaining chili lime sauce and transfer to the skillet. Increase heat to medium-high and cook, stirring frequently, until the broccoli is nicely browned and caramelized, approximately 3-4 minutes.
6. Return the mahi-mahi and its juices to the skillet. Remove from heat and serve immediately with the blackened broccoli. Enjoy!



*"I know once people get
connected to real food,
they never change back."*

~ Alice Waters