



BLACKENED MAHI-MAHI WITH PINEAPPLE SALSA



INGREDIENTS

ITEM	QUANTITY
• Mahi-mahi Fillet (5-6 Oz)	1
• Paprika	½ tsp
• Cumin	¼ tsp
• Salt and Black Pepper	
• Garlic-infused Olive Oil	½ tsp

SALSA

• Pineapple, Finely Diced	¼ cup
• Red Bell Pepper, Diced	2 tbsp
• Green Onion Tops	1 tbsp
• Lime Juice	1 tsp
• Chopped Cilantro	1 tsp

SERVING SIZE	1
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PREPARATION

- Pat mahi-mahi dry with a paper towel to ensure good searing.
- Season both sides evenly with paprika, cumin, salt, and pepper.
- Heat garlic-infused olive oil in a skillet over medium-high heat until shimmering.
- Place fish in the pan and cook for 3-4 minutes per side, or until the fish flakes easily with a fork.
- While the fish cooks, combine pineapple, bell pepper, green onion tops, lime juice, and cilantro in a small bowl. Mix gently and set aside.

➤ Once the fish is cooked, transfer to a plate and spoon pineapple salsa over the top.