

SAUTÉED MAHI MAHI WITH PINEAPPLE GLAZE

INGREDIENTS

2 Wild Mahi Mahi portions
1 tbsp. canola oil
¼ tsp. pepper
1 5-oz. can pineapple chunks, undrained

PINEAPPLE GLAZE

2 tbsp. soy sauce
2 tsp. curry powder
½ tsp. ginger powder
¼ tsp. salt

GARNISH

2 tbsp. chopped red bell pepper
2 tbsp. chopped fresh cilantro
1 tbsp. chopped green onion

PREPARATION

Remove wrap from frozen Wild Mahi Mahi. Rinse frozen portions under cold running water. Pat dry with paper towel. Heat a skillet or pan over medium-high heat. Coat all sides of fish with oil.

Place frozen fish in heated skillet and cook, uncovered for 3 to 4 minutes or until browned; shake pan occasionally to keep the fish from sticking. Remove fish from pan and place on dish. Add pineapple glaze ingredients to pan. Stir, then reduce heat to medium and simmer glaze for 3 minutes.

Return fish to pan and spoon glaze over fish. Cover pan tightly. Cook about 5 to 8 minutes more or until fish is opaque throughout. Garnish and serve.

