

Bill's Magical Mahi Mahi

INGREDIENTS:

- 2 pounds Mahi Mahi filets
- 2 Tablespoons olive oil
- 2 teaspoons dried ginger
- 1 Tablespoon minced garlic
- 1 Tablespoon lemon juice
- ¼ cup soy sauce
- ¼ cup honey
- ¼ cup dry red wine
- 1/8 teaspoon cayenne pepper

DIRECTIONS:

1. Add all ingredients besides Mahi Mahi to a medium bowl and whisk well to combine to create marinade.
2. Pour prepared marinade in a large zip-top bag and add Mahi Mahi filets. Make sure to fully cover filets with the marinade.
3. Seal the bag and place in the refrigerator to marinate for at least four hours, preferably overnight.
4. After the fish has marinated, heat a non-stick skillet to medium heat on the stovetop. Add fish and all marinade. Cook for 5-7 minutes on each side.
5. When fish is cooked through, remove from the skillet and raise heat to medium-high to reduce the marinade. Cook for 2-4 minutes, or until thickened and delicious.
6. Remove skin from fish and serve topped with reduced marinade.



Bill has worked to tweak this recipe for months, and it is so delicious! We serve it with couscous on the side to help soak in all of the tasty sauce.

*Recipe from Mancktastic! at
manckeinreallife.wordpress.com*