
Mahimahi with Pineapple Cilantro Chutney

Total time: 45 min Yield: 4 Servings

Ingredients

3 lb mahimahi fillet
garlic salt
zest of one lime
1 Tbsp canola oil or butter
fresh cilantro (for garnish)
1/2 cup pineapple (chopped)
1/4 cup red onion (chopped fine)
1/2 cup coconut milk
1 tsp Asian fish sauce
2 Tbsp light brown sugar
fresh ground black pepper (to taste)
lime wedges (for garnish)

Prep Time: 45 min Total Time: 45 min

Instructions

Use a small saucepan to cook the chutney. Over medium heat, combine the pineapple, red onion, coconut milk, fish sauce and brown sugar. Increase heat to high and bring mixture to a boil, then turn heat to low and simmer for 10 minutes. Remove from heat and set aside until cool, then add the fresh cilantro.

Preheat a large frying pan on medium high heat, then add the oil when the pan is hot. Season the mahimahi with garlic salt and pepper, place in the pan and cook on one side for 2 to 3 minutes. Sprinkle with the lime zest and flip over, zest side down and continue cooking for another 2 to 3 minutes.

To serve, plate a piece of mahimahi and top with a dollop of the chutney and garnish with a lime wedge on the side and a sprig of cilantro on top of the chutney.

Recipe brought to you by:

Chef Michi Holland

Source:

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