
Grilled Mahimahi with Cherry Tomatoes and Lemon-Basil Vinaigrette

Description

Try Chef Maka's refreshing Grilled Mahimahi tonight. If you can't get fresh basil, you can easily substitute Italian Parsley or Oregano in the vinaigrette.

Yield: 4 Servings

Ingredients

6 oz Mahimahi Fillets
1 cup olive oil
salt
pepper
1 lb cherry tomatoes
2 lemons (zested & juiced)
1 clove garlic (minced)
1 small shallot (minced)
1 tsp Dijon mustard
1/2 cup basil (chopped)

Cooking Time: 35 min

Instructions

Heat a grill or oven to 400 degrees. Lightly brush each side of the Mahimahi with oil and season with salt and pepper. Place on the grill for about 5 minutes on each side. Or place the fish in an oven and bake for about 7 to 10 minutes. Toss tomatoes with remaining oil, and desired amount of salt and pepper. Grill the tomatoes until they burst, or for about 2 to 4 minutes. If baking, the tomatoes can either be sautéed or roasted for 5 minutes. Set the fish aside and place tomatoes on top when done.

To make the vinaigrette, whisk the lemon juice, zest, garlic, shallots, Dijon mustard and 1 cup of olive oil together. Fold in the chopped basil, and season with salt and pepper to taste. Spoon the vinaigrette over the fish and tomatoes then serve.

Recipe brought to you by:

Chef Maka Kwon

Source:

