



Mahi Mahi with Coconut Rice and Mango Salsa

Oscar · 29/09/2024



Prep Time

1 hr

Difficult

Medium

Servings

2 hrs

Description

This Caribbeaninspired mahi mahi with mango salsa has dimensions of sweetness spice and tanginess
Delicious

Ingredients

- - 2 tablespoons olive oil - 1 ½ teaspoons soy sauce - 2 teaspoons lemon juice - 1 clove garlic
- crushed - ½ teaspoon minced fresh ginger root - 2 teaspoons red pepper flakes - 1 teaspoon fresh ground black pepper - salt to taste - 2 tablespoons chopped green onion (Optional) - 4 (4 ounce) mahi mahi fillets - 2 cups uncooked jasmine rice - 2 cups water - 1 cube chicken bouillon - 1 tablespoon butter (Optional) - ¾ (14 ounce) can coconut milk - 2 tablespoons white sugar - 1 ½ tablespoons white sugar - 1 ½ teaspoons butter (Optional) - 1 ½ cups fresh mango
- cubed

Instructions

1. Prepare fish marinade: Whisk together olive oil
2. soy sauce
3. lemon juice
4. garlic
5. and ginger in a bowl. Season with red pepper flakes
6. black pepper
7. and salt. Stir in green onion. Add mahi mahi and toss to coat evenly. Cover the bowl with plastic wrap and marinate in the refrigerator for 1 hour. Meanwhile
8. make coconut rice: Bring rice
9. water
10. chicken bouillon
11. and butter to a boil in a saucepan over high heat. Reduce heat to medium-low
12. cover
13. and simmer until the liquid has been absorbed
14. about 20 minutes. Pour in coconut milk and sugar. Stir and simmer uncovered until the rice has absorbed most of the coconut milk. Preheat the oven's broiler and set the oven rack in the middle of the oven. Remove mahi mahi from the marinade and shake off excess. Discard remaining marinade. Place fish in a large baking dish in a single layer. Broil in the preheated oven until the fish flakes easily with a fork
15. 10 to 15 minutes. If fish browns too quickly
16. cover the baking dish with aluminum foil. While fish cooks
17. make mango salsa: Melt sugar and butter in a skillet over medium-high heat. When mixture begins to bubble
18. stir in mango cubes. Cook and stir until mango is tender
19. about 5 minutes. Serve by placing one mahi mahi fillet over a scoop of hot coconut rice
20. and top with mango salsa.