

Soft Mahi Mahi Tacos with GingerLime Dressing

Savannah · 30/09/2024



Prep Time

1 hr

Difficult

Medium

Servings

6

Description

A warm flavorful dish filled with mahimahi fresh fruit and gingerlime dressing Unique yet tasteful this recipe is inspired by the fresh seafood recipes in Mexico and Central America I serve chips and salsa on the side

Ingredients

- - 1 tablespoon olive oil - salt and pepper to taste - 6 (3 ounce) fillets mahi mahi fillets - 1 cup sour cream - 1 tablespoon lime juice - 1 teaspoon minced fresh ginger root - ¼ teaspoon ground cumin - 1 dash cayenne pepper - 1 large mango - peeled
- seeded and diced - 1 cup diced fresh pineapple - 1 avocado - peeled
- pitted and diced - 1 jalapeno pepper
- minced - 6 (6 inch) flour tortillas
- warmed - 1 cup chopped fresh cilantro

Instructions

1. Heat the olive oil in a large skillet over medium-high heat. Season the mahi-mahi with salt and pepper. Cook the fillets in the hot oil until the fish is golden brown on each side
2. and no longer translucent in the center
3. about 3 minutes per side. Meanwhile
4. whisk together the sour cream
5. lime juice
6. ginger
7. cumin
8. cayenne pepper
9. salt and pepper to taste; set aside. Gently combine the mango
10. pineapple
11. avocado
12. and jalapeno in a bowl. To assemble
13. place a cooked mahi-mahi fillet into the center of a warmed tortilla. Place a scoop of the mango salsa onto the fish
14. then drizzle with the sour cream sauce
15. and finish with a generous pinch of chopped cilantro.