

Ginger Glazed Mahi Mahi

Jacob · 28/09/2024



Prep Time

20 mins

Difficult

Medium

Servings

35 mins

Description

This ginger sauce for mahi mahi is bursting with flavor and combines both sweet and sour taste sensations This recipe is a snap and so delicious Youll love it

Ingredients

- - 3 tablespoons honey - 3 tablespoons soy sauce - 3 tablespoons balsamic vinegar - 2 teaspoons olive oil - 1 teaspoon grated fresh ginger root - 1 clove garlic
- crushed or to taste - 4 (6 ounce) mahi mahi fillets - salt and pepper to taste - 1 tablespoon vegetable oil

Instructions

1. Mix honey
2. soy sauce
3. balsamic vinegar
4. olive oil
5. ginger
6. and garlic together in a shallow dish. Season fish fillets with salt and pepper; place them skin-sides down in the dish with marinade. Cover and refrigerate for 20 minutes. Heat vegetable oil in a large skillet over medium-high heat. Remove fish fillets
7. reserving marinade. Fry fish for 4 to 6 minutes on each side
8. turning only once
9. until fish flakes easily with a fork. Remove fillets to a serving platter and keep warm. Pour reserved marinade into the skillet; simmer over medium heat until reduced to a glaze. Spoon glaze over fish and serve. Note The nutrition data for this recipe includes information for the full amount of the marinade ingredients. Depending on marinating time
10. ingredients
11. cooking method
12. etc.
13. the actual amount of the marinade consumed will vary.