

HOOKED ON FISH

Fresh. Simple. Sustainable.

Easy Perfect Mahi Mahi Chew Out Loud

For the Lemon Garlic Mixture:

2 TB salted butter, softened to room temp
1 TB freshly chopped chives or parsley
2 TB garlic cloves, minced
1/8 tsp *kosher* salt
1/4 tsp freshly ground black pepper
1 TB juice from fresh lemon
1TB grated lemon peel

For the Fish:

2 TB olive oil
4 (1-inch thick each) mahi-mahi fillets, 4oz each
kosher salt and freshly ground black pepper

Preheat oven to 400F with rack on middle position.

Lemon Garlic Mixture (can be made ahead) – in a small pan, combine all Lemon Garlic Mixture ingredients and stir to fully combine. Set aside.

Pat-dry all excess moisture from the fish fillets with paper towels. This step is important, so be sure to pat off as much moisture as you can. Evenly sprinkle both sides of fillets with pinches of kosher salt and freshly ground black pepper. Set aside.

In a large oven-proof pan, heat the olive oil over high heat. Once oil is *sizzling hot*, add the fish fillets to pan and let cook until browned on one side, about 3 minutes – *do not move fish around*. Carefully flip fish fillets over to the other side, turn stove burner off, and immediately transfer pan into already-hot oven.

Roast fish at 400F about 5 minutes or just until the top is golden and center is just cooked through. Take care *not to overcook*. A minute before fish is done cooking in oven, heat your small pan of prepared lemon-garlic mixture over medium high heat, constantly stirring, just until melted and bubbly.

Immediately turn heat off and pour mixture over the cooked fish. Be sure to pour on any juices from the fish pan as well. Serve with extra lemon slices for garnish.

Check our website for more recipes:

<https://www.hookedonfishchicago.com/recipes>