
Sesame-Poppy Mahi Mahi

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2 C	Chopped pineapple, drained	50 mL
1 C	Orange juice	50 mL
1 Tbsp	minced or grated fresh ginger	15 mL
	dried red pepper flakes	
4	mahi mahi pieces 7-8 oz	1 kg
2 tsp	sesame oil	10 mL
	salt & pepper to taste	
2 Tbsp	poppy seeds	30 mL
2 Tbsp	sesame seeds	30 mL
2-3 tsp	vegetable oil	10-15 mL

- For sauce, combine pineapple, orange juice, ginger, and pepper flakes in a small heavy saucepan.
- Gently boil over medium-high heat until sauce is thickened, 15-20 minutes.
- Meanwhile, rub each fish piece with ½ tsp. Sesame oil and season with salt and pepper.
- Sprinkle half of each fillet surface with poppy seeds. Sprinkle other half with sesame seeds.
- Press gently to help seeds to adhere.
- Heat vegetable oil in a large nonstick skillet.
- Add fish seeded-side down and sauté over medium heat until lightly coloured, 3-4 minutes.
- Turn fillets and cook until opaque, 3-5 minutes.
- Arrange on individual plates, spoon sauce over and serve

NOTE: Substitute Mahi Mahi with Sea Bass, Swordfish, Halibut or Grouper

Preparation Time: 10 minutes

Cooking Time: 25 minutes

Serves: 4

Calories:	350	Sodium:	200 mg
Total Fat:	11 g	Carbohydrates:	18 g
Saturated Fat:	2 g	Protein:	44 g
Cholesterol:	165 mg	Omega 3	.2 g