

Recipes

Mahi-Mahi with Mango Salsa from Lures Bar & Grill



RECIPE

Mahi-Mahi with Mango Salsa
4 servings

Ingredients	Preparation
<p>Mango Salsa 1/2 ripe mango 1/2 red pepper 1/2 red onion 1 tomato 1 tsp. lemon juice 1 tbsp. cilantro 2 fresh jalapenos (deseeded)</p> <p>Mango Puree 1/2 mango 2 oz. white wine 1 tbsp. sugar 1 small shallot</p> <p>Mahi-Mahi 2 lbs. fresh Mahi-Mahi 1/2 lb. jumbo lump crabmeat 1 bag fresh baby spinach salt to taste pepper to taste 2 tbsp. butter</p>	<p>1 & 2) For Mango Salsa. Dice the mango, red onion, red pepper, jalapeno, and tomato. Toss together in bowl. Finely chop the cilantro and add to the mixture along with the lemon juice.</p> <p>For Mango Puree. Combine all ingredients in a blender and blend until smooth.</p> <p>3 & 4) For Mahi-Mahi. Season fish with salt and pepper on both sides and place on hot grill. Turn a quarter turn after two minutes. This will make the diamond grill marks. Flip the fish and repeat. After the fish has grilled for four minutes per side, place on an ovenproof dish or pan, and into a 350-degree oven for two minutes to finish off.</p> <p>5) While fish is in oven, sauté the spinach in butter for two minutes, being careful not to overcook.</p> <p>6) To plate. Place 1/4 of the spinach in the middle of each dinner plate. Place Mahi-Mahi on top of spinach. Top fish with 1/4 of the salsa mixture, and top that with 2-3 oz. jumbo lump crabmeat. Drizzle mango puree over top of the entire plate. Lures serves the Mahi-Mahi with roasted rosemary red potatoes.</p>

