

# *Eatdrinkandbesexy.com*

## **Mahi Mahi**

1 ½ pounds mahi mahi  
1 tbsp cumin  
¼ c fresh organic parsley or cilantro with stems removed  
4 cloves garlic smashed and finely chopped  
1 tbsp freshly grated lemon or lime peel  
2 tbsp fresh squeezed lemon or lime juice  
½ tsp sea salt  
¼ tsp fresh ground pepper

For spice rub combine all ingredients (except the fish) in a food processor and blend until smooth. Rub both sides of the fish with spice blend. Place fish onto a lightly oiled pan (coconut oil), cover and refrigerate for 30 minutes but no more than 2 hours.

If your fillets are thick, place in a small Dutch oven, oven safe casserole dish or oven safe skillet that has a lid, cover and bake for 25 minutes in a preheated 350 degree oven. If your fillets are thin (I prefer thin fillets), preheat a medium skillet/fry pan using a medium high heat. Once the skillet is up to temperature, add ½-1 tablespoon coconut oil and the fillets, pan-fry each side approximately 2-3 minutes...do not overcook your fish!

Since the fish is the star of this meal I like to pair it with a simple salad or some fresh made coleslaw or crispy salad.