



Quick & Easy Spicy Caribbean Mahi

Serves 4

Ingredients

- 4 (6 oz.) mahi portions
- 5-6 green scallions thinly sliced
- 5 cloves garlic minced
- 3 shallots thinly sliced
- 3 tablespoons olive oil
- 1 8- oz can tomato sauce
- 1/4-1/2 teaspoon red pepper flakes depending on how spicy you like it
- 2 bay leaves
- 1/2 teaspoon kosher salt
- 2-3 grinds of black pepper
- 3/4 cup water divided
- juice of half a lemon
- chopped parsley for garnish

Serve With

- 2 cups cooked long grain white rice

Directions:

In a 9" or 10" skillet with a lid add the olive oil and heat over medium low heat. Add the scallions, garlic and shallots and cook, stirring occasionally until vegetables are soft and translucent, about 10-15 minutes.

Add the tomato sauce, red pepper flakes, bay leaves, salt, pepper and 1/2 cup water. Stir to combine and continue cooking, uncovered until sauce has thickened somewhat, about 10 minutes.

Stir in the remaining 1/4 cup water and place the fish fillets in the poaching liquid. Put the lid on securely and poach the fish on low to medium low heat for about 8 minutes. Using tongs or a spatula, flip the fish over and continue to poach an additional 7-8 minutes. Remove from heat. Squeeze lemon juice over the fish and chopped parsley. Serve on top of sticky white rice.