

Mahi Mahi with Citrus Couscous

Courtesy of Carole's Creations

Prep Time: 20 minutes

Standing Time: 10 minutes

Cooking Time: 10 minutes

Serves: 4

CChints: Mahi Mahi was originally called dolphin. But not the dolphins we see in the movies. This fish is popular because of pairs well with fruits and spicy sauces and can be grilled, broiled, fried or baked. A 4.5 ounce serving has 139 calories and 1.2 grams of fat. When purchasing fish, you want to use it the same day or keep it wrapped tightly and put on a bed of ice cubes in the refrigerator and use the next day.



Fish:

4 servings of Mahi Mahi, filets
4 teaspoon olive oil, divided
1 teaspoon salt, divided
Dash of black pepper

Couscous:

2 cups water
1 cup couscous
1/2 cup dried apricots
2 teaspoons orange juice
1 teaspoons orange zest
1/2 teaspoon ground ginger
1/2 teaspoon ground cumin
Pinch of ground cinnamon
1 teaspoon salt
1/8 cup chopped parsley
1 tablespoon fresh thyme
3 tablespoons chopped walnuts

Honey Mustard Tarter Sauce:

1/2 cup reduced fat mayonnaise
1 teaspoon dried dill or 1 Tablespoon fresh
2 teaspoon capers, rinsed and chopped
2 tablespoon diced dill pickle
1 teaspoon dill pickle juice from jar
1 teaspoon dill pickle juice from jar
2 tablespoons prepared yellow mustard
1 tablespoon honey

4 Servings of a side vegetable

Heat your grill to medium heat. Mahi Mahi is a somewhat firm fish that can be grilled if you are a careful to not allow it to break apart and fall through the grates on grill. To prevent this from happening, we suggest cooking your fish on a special pan made for delicate items like fish or vegetables or use our favorite, an old fashion cast iron griddle. Let the griddle warm up inside the grill so it gets just a hot. While you are waiting on the grill, start to the honey mustard sauce.

In a bowl, combine all the ingredients for the honey mustard tarter sauce. Stir well and let set a room temperature to allow the flavors to blend.

Rinse and pat dry each fish portion and lay them on a plate. Rub both sides with 2 teaspoons of olive oil. Sprinkle one side of each piece with 1/2 teaspoon salt. Let the fish sit a room until the grill is ready. When the grill is hot and you are using the cast iron griddle pan, add 2 teaspoons of oil to the pan. Put the fish in the pan and cook each side for 3 minutes or until the fish starts to flake. Be careful not to move the fish in the first 3 minutes. This will allow the fish to sear and you will get a nice browning affect. During this time you can prepare the couscous and your side vegetable.

Pour the water into a medium sized saucepan. Add the salt and oil and bring to a boil. Stir in the couscous and apricots and cover the pan. Remove from the heat and let stand for 3 minutes. Stir in the orange juice through thyme. Cover again for 2 minutes. Add the nuts and fluff with a fork and serve.

Serve the fish with the sauce, couscous and a side vegetable. Caroleicious!