

Mahi Mahi with Herb Butter

Courtesy of Carole's Creations

Prep Time: 10 minutes

Cooking Time: 6-8 minutes

Serves: 4

CChints: This is an easy recipe that delivers an ah ha moment with each bite. The fish is light and sweet and the herb butter is a great accent. We like a spice blend for the fish that says it is for salads but we like it on fish and chicken, too.



- 4 mahi mahi filets
- 1 teaspoon McCormicks® Salad Supreme® Seasonings
- 4 tablespoons unsalted butter
- 2 teaspoons fresh lemon juice
- 2 gloves minced garlic, fresh or from a jar
- 1/2 teaspoon salt, divided
- 1/4 teaspoon white pepper or black pepper, divided
- 1 Tablespoon fresh thyme leaves
- 1 Tablespoon minced fresh chives
- 4 servings of fresh asparagus, ends trimmed
- 2 tablespoons olive oil

Take the fish out of the refrigerator, rinse and pat dry. Let it sit at room temperature while you get ready.

In a small skillet or sauce pan add the butter, lemon juice, garlic and 1/4 teaspoons salt, a pinch of pepper and the herbs. Set aside until for now.

Put the asparagus into a microwave container with a few drops of water, cover and set aside.

Add the oil to a large nonstick skillet over medium heat. Rinse the mahi mahi and pat it dry. Sprinkle with the remaining salt and pepper and when the pan is hot add the filets. Cook the first for 4 minutes covered and do not move it during this time in order to get an even browning.

And at the same time put the container with the asparagus in the microwave for 1-1/2 minutes with the cover turned to vent the seam. During this time, turn the heat under the herb butter to low and stir as it melts and remove it from the heat.

Turn the fish over and cook for another 3 minutes or until the fish is done and flakes. Check the asparagus for tenderness. If it is not to your desired tenderness, put it back in the microwave for another 30 seconds.

Transfer the fish and asparagus to dinner plates and spoon the herb butter over both.

Enjoy!