

Pecan Crusted Mahi Mahi with Corn Relish

Courtesy of Carole's Creations

Prep Time: 15 minutes

Cooking Time: 15 minutes

Serves: 2

CChints: McCormick's Salad Supreme® is a combination of spices that pares well with any fish. When you buy pecans you can store any remaining pieces in a sealed container in your freezer for up to 1 year. Next time you need pecans just take out what you need and they will thaw in just minutes.



2 – 6 ounce Mahi Mahi filets
1 Tablespoon olive oil
Dash of salt
1 teaspoon Salad Supreme seasoning
1/2 teaspoon minced garish, fresh or jarred
2 Tablespoons pecans, minced
1 Tablespoon unsalted butter, diced
Steamed vegetables of your choice, peas,
Butternut squash, asparagus, etc.

Relish:
1 cup frozen corn, thawed
1/8 cup cilantro, chopped
1 peach, nectarine or banana, diced
3 Tablespoons red onion, diced
1 Tablespoon fresh lime juice
1/4 teaspoon salt
1 Avocado

Rinse and pat the fish dry. Smear the oil on both sides of the fish and sprinkle lightly with the salt. On one side of the fish only, add the seasoning, garlic and pecans.

Heat a skillet to medium and add the butter. As soon as the butter melts add the fish, pecan side down and cook for 3 minutes. Flip the fish over, cover the pan and cook for 5 minutes until the fish flakes with a fork.

While the fish cooks, prepare the relish. In a mixing bowl combine all the ingredients together. To cut the avocado, run a sharp knife lengthwise around the fruit. Gently twist the two halves and pull it apart to reveal a large round seed. Using your knife, tap the seed with the blade so that it just sticks in it. Gently turn the knife and the seed will pop out. Use a spoon to scoop out the flesh onto a cutting board. Cut into small pieces and gently add it to the relish. Cover the bowl to keep the air from darkening the avocado.

Steam your vegetables and server them along with the fish and relish.