

# PAN-SEARED MAHI WITH CUCUMBER TOMATO RELISH

Atlantic-caught Mahi Mahi is the pièce de résistance in this recipe. Lightly pan-seared and coupled with roasted, caramelized brussels sprouts and an exotic rice blend. Ooh la la.

**MAKES 1-2 SERVINGS**

1 tbsp Mint / cilantro  
1 cup Red onion diced finely  
1/4 cup Fresh lemon juice  
6 tbsp Unsalted butter  
2 tbsp Ginger ground  
To taste Salt and black pepper  
1 tbsp Cucumber  
1 tbsp Tomato  
8 ounces Mahi filet  
1 bag Exotic rice blend

## MAHI

Heat a large skillet over medium-high heat and place butter to melt. Sprinkled salt and pepper on mahi filets. Place mahi on pan letting it cook for 3 to 4 min then flip mahi on the other side for another 4 min. Check that mahi is cooked through.

## EXOTIC RICE BLEND

Place rice and oil in large saucepan. Fry on med. high heat stirring constantly until lightly browned. Carefully add the liquid. Bring to a boil and reduce heat to low. Cover and let simmer 35-40 minutes. Do not stir. Turn heat off and let steam for 15 minutes. Fluff with a fork and serve.

## TOMATO-CUCUMBER RELISH

Dice tomato and cucumber, add them to a mixing bowl with the lemon juice, ginger, chopped mint and cilantro. Finish with salt and pepper to taste.

