

MAHI MAHI VERACRUZ

Time: 30 minutes

Serves: 4

Ingredients:

2 teaspoons extra virgin olive oil
4 4-ounce skinless mahi mahi filets
¼ teaspoon kosher salt
¼ teaspoon fresh ground pepper
4 1-foot squares of banana leaf
1 red bell pepper – thinly sliced
1 onion – thinly sliced
2 tablespoons sliced green olives

Preparation:

Preheat your oven at 300F.

Preheat a frying pan containing the olive oil over medium-high heat.

Sprinkle both sides of the filets with the salt and pepper and cook in the frying pan for two minutes on each side.

Remove the fish from the pan, placing each filet on a banana leaf and topping with the remaining ingredients. Wrap each filet and vegetable packet in its banana leaf then wrap each in foil.

Bake the foil-wrapped fish packets in the oven for fifteen minutes. Remove from the oven, unwrap and serve on the banana leaves.

Nutritional Information Per Serving:

Calories: 157
Fat: 5g
Carbs: 5g
Fibre: 2g
Protein: 22g