

mahi mahi with mango-tomato salsa

Summer time reminds me of fresh seafood and we live in an ideal location for fresh seafood. I love seafood, Neil hates it! I'm not allowed to cook it in the house and forget putting it on the grill. No cross contamination of seafood with meat or any other food for that matter. If you don't like mahi mahi, no problem, substitute it with another hearty white fish or put the salsa over grilled chicken or steak. The salsa is versatile. It can also go over an omelet! YUM!!! Enjoy!

xoxo,

Kristin

Instructions:

1) Melt the coconut oil in a large saute pan over medium-high heat. Once the pan is very hot, pat the mahi mahi fillets dry and season on both sides with salt, then place in the pan and cook for 5 to 7 minutes per side, until flaky. Do not crowd the pan, or the fish will steam instead of getting a nice crust.

2) While the fish is cooking, make the salsa: In a medium bowl, combine the mango through the lime juice and mix well.

4) Serve the mahi mahi over cauliflower rice and spinach or over zoodles or over roasted vegetables and top with mango-salsa.

Recipe from Juli Bauer: Paleo Cookbook. 5/15/17