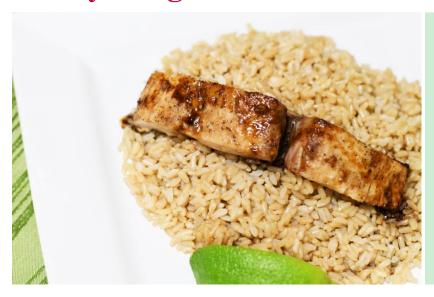


Honey Ginger Glazed Mahi Mahi



Servings:

4

Prep Time:

25 minutes

Cook Time:

15 minutes

Ingredients

- 4 4 oz Mahi Mahi Fillets
- - Salt & Pepper to taste
- 2 tsp Pureed Ginger
- 1/4 cup Lite Soy Sauce
- 1 tsp Minced Garlic
- 1 tbsp Olive Oil
- 1/4 cup Honey
- 2 tbsp Balsamic Vinegar

Method of Preparation

Step '

Preheat oven to 450°F. Season fish with salt and pepper. Let sit for 10 minutes.

Step 2

Mix sauce ingredients together in a bowl.

Step 3

Pour a spoonful of glaze over fish. Marinate for 10-15 minutes.

Bake for 15 minutes, until internal temperature reaches 145°F.

Step 4

While the fish is cooking, add the remaining sauce to a pot.

Cook on low until liquid reduces to ½ the amount.

Step 5

Remove from oven, garnish with additional sauce. Serve over rice.

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