

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**
- ¼ cup **Lite Soy Sauce**
- 1 tsp **Minced Garlic**
- 1 tbsp **Olive Oil**
- ¼ cup **Honey**
- 2 tbsp **Balsamic Vinegar**

Method of Preparation

Step 1

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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