

Grilled Mahi-Mahi with Pineapple-Mango Salsa & Roasted Garlic Rice

Serves 4

Bold spices elevate sweet and flaky mahi-mahi in this satisfying dish. Add fresh pineapple-mango salsa, and a side of hearty, roasted garlic rice. Everyone at the table will be dazzled and very happy.

Pineapple-Mango Salsa Ingredients:

1 cup fresh pineapple, diced
1 mango, diced
1/4 red onion, finely diced
1/2 small jalapeño, minced
1 lime, juiced and zested (reserve zest for the rice below)
1 tablespoon olive oil
1/2 cup fresh cilantro, chopped
1/2 teaspoon Kosher salt

2-1/4 cups vegetable broth
1/2 teaspoon Kosher salt
1/4 teaspoon cumin
Zest of one lime (from salsa ingredients above)

Roasted Garlic Rice Ingredients:

1 whole head garlic
2 tablespoons olive oil, divided
1 cup white rice

Mahi-Mahi Ingredients:

1 teaspoon smoked paprika
1/2 teaspoon Kosher salt
1/2 garlic powder
1/4 teaspoon black pepper
1/4 dried oregano
1/4 cayenne
2 tablespoons olive oil
1 lb mahi-mahi

Directions:

1. In a small bowl, combine all of the salsa ingredients, stirring gently to incorporate. Cover and set aside.
2. Preheat an outdoor grill to medium high heat. Slice 1/2" off of the top of the garlic bulb to expose the individual cloves. Place the garlic bulb, cut side up, on a piece of aluminum foil and pour one tablespoon of the olive oil over the top of the exposed cloves. Wrap the garlic bulb in the foil and place on the grill, over indirect heat. Grill for 40 minutes until the cloves are browned and caramelized. Tip: Keep the foil opening facing UPRIGHT so the oil does not spill out.
3. While the garlic roasts, prepare the rice. In a fine mesh strainer, rinse the rice under cold water until the water is clear. In a medium-sized saucepan with a lid, add the vegetable broth, 1 tablespoon olive oil, salt, and cumin to the rice and bring to a boil. Once boiling, turn the heat to low and cover with the lid. Simmer the rice on low for 15-20 minutes, or until the rice grains become tender and the liquid has been absorbed. Remove the rice from heat, and let sit for 5 minutes.
4. In a small bowl, combine the paprika, salt, garlic powder, pepper, onion powder, oregano, and cayenne until blended. Rub the mahi-mahi with the olive oil and coat it evenly with the seasoning, covering as much of the surface area as possible.
5. Grill the mahi-mahi until firm, about 3-5 minutes on each side gently flipping with a fish turner so as not to damage or break the delicate fish. The internal temperature should be 145° F.
6. Use a small seafood fork to remove the garlic cloves from the papery peel. Use a fork to fluff the rice and stir in the lime zest and the grilled garlic.
7. Serve the grilled mahi-mahi over a bed of rice and top with the pineapple mango salsa. Enjoy immediately.