



Fresh. Simple. Sustainable.

Mahi Mahi with Roasted Tomatoes and Fennel

One Sweet Mess

Mahi Mahi:

1½ tablespoons extra-virgin olive oil, divided
2 pieces mahi mahi, about ½ to ¾ -inch thick
½ teaspoon ground cumin
½ cup thinly sliced fennel
1 clover garlic
½ teaspoon red pepper flakes
½ cup Pinot Grigio (or other light white wine)
2 tablespoons chopped basil
salt and pepper

Roasted Tomatoes:

1 pint grape or cherry tomatoes (HOF NOTE: we used around ½ pint)
1 tablespoon extra-virgin olive oil
salt and pepper

Preheat oven to 375° F. Spread tomatoes onto a baking sheet. Drizzle with olive oil and add a generous pinch of salt and pepper. Roll the tomatoes around to coat. Bake for 30-35 minutes, or until the tomatoes are wilted.

Heat 1 tablespoon of olive oil in a sauté pan over medium heat. Season the fish with a generous pinch of salt and pepper on each side. Rub ½ teaspoon of ground cumin on each side of the mahi mahi. Add the fish to the hot pan. Cook for 4 minutes on each side. Remove the fish from the pan and set aside.

Turn the heat down to medium-low. Add the remaining ½ tablespoon of olive oil. Add the fennel to the pan and cook until tender, about 2 minutes. Stir in the garlic and red pepper flakes. Cook, stirring often, for 1 minute. Stir in the wine. Allow the wine to reduce by half, about 2 minutes. Stir in the basil and roasted tomatoes.

Plate the fish. Spoon a generous amount of the roasted tomato mixture over each piece of fish. Serve over rice or couscous.

Serves 2

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