Green Chile Mahi Mahi and Spicy Sofrito

Average user rating: ★★★★ (from 1 user(s))

Mahi Mahi smeared with green chiles over a poblano black bean and corn sofrito.

Yield	1 lb 14 oz Mahi Mahi 5 cups of Sofrito (5/14oz servings)
Serves	5
Preparation time	10 minutes
Cooking time	15 minutes

Recipe details

Qty	Unit	Alt Qty	Alt Unit	Ingredient	Preparation
30	oz			Mahi mahi, dorado, fish	
4	oz		1/3 cup	**Minor's® Fire Roasted Poblano Flavor Concentrate Gluten Free (6x13.6oz)US**	
2.5	tsp			Olive oil	
1	oz		2 tbsp	Olive oil	
10	oz		2 cups	Onions	diced
4	oz		1 cup	Celery	diced
4.25	oz		3/4 cup	Red bell peppers	diced
3/4	oz		2 tbsp	Garlic, minced, wet	
4	oz		1/3 cup	**Minor's® Fire Roasted Poblano Flavor Concentrate Gluten Free (6x13.6oz)US**	
9.25	oz		1 cup	Black beans, cooked	
5	oz		1 cup	Corn	roasted

Preparation Steps

1. Dry off fish completely. Preheat grill to high heat. Lightly oil the grill. Place mahi mahi filet on the grill and sear both sides.
2. Combine the oil and Fire Roasted Poblano Flavor Concentrate. Take the seared mahi mahi from the grill, and coat the top of the fish with the mixture. Bake in a 350°F convection oven until fully cooked, approximately 7-9 minutes.
3. In a sauté pan over medium high heat, add 1 oz olive oil. Add onions and sweat down. Add celery, bell peppers and garlic; sweat down for 3 minutes. Add Fire Roasted Poblano Flavor Concentrate, black beans and corn; sweat down for 3 minutes, stirring frequently. Season to taste. Set aside and keep warm.

Chef's tip

Serve with Spanish rice.

Nutrition

Nutritional analysis per serving	
Energy (Kcal)	463.6
Energy (Kj)	2009.3
Protein (g)	48.5
Carbohydrate, total (g)	32.9
Fats, total (g)	15.3
Sugars, total (g)	6.8
Fats, saturated (g)	1.6
Fiber, total dietary (g)	8
Sodium (mg)	942.9
Calcium (mg)	75.5

Cholesterol (mg)	159.9
Iron (mg)	4.5
Fats, monounsaturated (g)	8.6
Fats, polyunsaturated (g)	2.6
Vitamin A (µg_RAE)	709.9
Vitamin C (mg)	115.3
Vitamin D (µg)	0

The nutritional analysis is based on a theoretical computation, not on a laboratory analysis.