

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.



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|------------------|--|
| 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 | | <u>Minor's® Fire Roasted Poblano Flavor Concentrate Gluten Free (6x13.6oz)US</u> | |
| 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 | | <u>Minor's® Fire Roasted Poblano Flavor Concentrate Gluten Free (6x13.6oz)US</u> | |
| 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 |

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|---------------------------|-------|
| 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.