

Broiled Mahi Mahi

Recipe By *Danit Schusterman*



Cooking and Prep:  1 h

Serves:  4

No Allergens

Preference: Parve

Difficulty: Easy

Occasion: Nine Days

Diet: Pescetarian, Gluten

Free, Low Carb, Sugar Free

Source: Family Table by

Mishpacha Magazine

Mahi Mahi is a fish found in the oceans around Hawaii, but you can substitute any other firm-fleshed, mild-tasting fish.

Ingredients (10)

Main ingredients

- 3 tablespoons **Bartenura Extra-virgin Olive Oil**
- 4 cloves garlic, minced or 4 cubes **Gefen Frozen Garlic**
- 1/4 teaspoon salt
- 1/4 teaspoon freshly ground **Gefen Black Pepper**
- 1/2 teaspoon paprika

- 1/4 teaspoon crushed red pepper
 - 4 fillets Mahi Mahi
 - 1 teaspoon chopped fresh Italian parsley
 - 1/2 teaspoon fresh basil
 - juice of 1/2 a lemon
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Start Cooking

Prepare and Broil

1. Preheat oven to 500°F (250°C).
2. In a medium bowl, combine the olive oil, garlic, salt, pepper, paprika, and crushed red pepper. Place the fish in the bowl, coating each fillet completely, and marinate for 30 minutes.
3. Remove fish from bowl, place on a small broiling tray, and sprinkle with parsley, basil, and lemon juice.
4. Bake for 25–30 minutes.