

fresh fish markets



featured recipe!

Grilled Mahi with Blackened Seasoning

Serves 4

Ingredients

- 4 (6 oz.) mahi portions
- 2 tablespoons butter (melted)
- 2 tablespoons Kathleen's Catch Blackened Seasoning
- 2 tablespoons high heat cooking oil (such as avocado, rapeseed, or ghee)
- 1 lemon (cut into wedges)

Directions:

Preheat. Preheat your grill to 425 degrees F.

Season the mahi: Brush the mahi portions with the melted butter then season on all sides with the blackened seasoning.

Oil the grill grates: Fold a paper towel and pinch it with a pair of tongs. Submerge the paper towel in 2 Tablespoons of high heat cooking oil. The paper towel should be saturated, but not dripping. Brush the oiled paper towel lightly over your grill grates.

Grill the mahi: Place the seasoned mahi portions on the oiled grill grates. Close the lid and cook for 6 minutes. Open the lid to flip the filets. Use a metal spatula and lightly lift the filets to separate them from the grates. You will only flip the fish once. Close the lid and continue to grill the mahi for 6 minutes on the second side. Open the lid and check the mahi for doneness. You want the filets to read 145 degrees F internal temperature.

Serve with lemon: Carefully remove your mahi from the grill and transfer to your serving platter. Serve with fresh lemon wedges and enjoy.