

Italian Marinated Grilled Mahi: A Simple & Flavorful Summer Meal

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TIME
30 min

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INGREDIENTS

4 Mahi Mahi fillets (about 6 oz each)
1/2 cup olive oil
1/4 cup fresh lemon juice
2 cloves garlic, minced
1 teaspoon dried oregano
1 teaspoon dried basil
1/2 teaspoon salt
1/2 teaspoon black pepper
Lemon slices for garnish
Fresh parsley, chopped (for garnish)

Swaps and Notes:

Fish: Mahi Mahi is a fantastic choice for grilling because it's a firm fish that won't fall apart. You can also use other firm white fish like swordfish or halibut.

Olive Oil: Use a good quality extra virgin olive oil for the best flavor.

Herbs: You can use a pre-made Italian seasoning blend, but the combination of oregano and basil is a classic for a reason.

Lemon Juice: Fresh lemon juice is a must here. The flavor is so much brighter and more vibrant than bottled juice.

Marinade Time: You don't need to marinate this fish for long! About 30 minutes to an hour is all you need to infuse it with flavor without "cooking" it from the acidity.

Step-by-Step Instructions:

Make the Marinade: In a large, resealable plastic bag or a shallow dish, whisk together the olive oil, fresh lemon juice, minced garlic, dried oregano, dried basil, salt, and black pepper.

Marinate the Fish: Add the Mahi Mahi fillets to the bag or dish, making sure they are coated completely with the marinade. Seal the bag or cover the dish and refrigerate for 30 minutes to 1 hour.

Prep the Grill: Preheat your grill or grill pan to medium-high heat. Lightly oil the grates to prevent the fish from sticking.

Grill the Fish: Remove the fish from the marinade and discard the leftover marinade. Place the fillets on the hot grill. Cook for 4-5 minutes per side, or until the fish is cooked through and flakes easily with a fork.

Serve: Remove the fish from the grill. Garnish with fresh lemon slices and chopped parsley. Serve immediately.

Tips for Success:

Don't Over-Marinate: Because of the acidity of the lemon juice, you don't want to marinate the fish for more than an hour, or it can start to break down and become mushy.

Pat the Fish Dry: Patting the fish dry after removing it from the marinade helps it get a better sear and a more flavorful crust.

Hot Grill is Key: A hot, oiled grill is crucial for preventing the fish from sticking and for getting those beautiful grill marks.

Don't Overcook: Mahi Mahi cooks quickly. The best way to tell it's done is to use a fork-it should flake easily.

Serving Suggestions and Pairings:

Nutritional Information (per serving, approximate):

Calories: 350 kcal

Carbohydrates: 5g

Protein: 35g

Fat: 20g

Saturated Fat: 3g

Cholesterol: 100mg

DIRECTIONS

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10. **Serving Suggestions and Pairings:** This Italian Marinated Grilled Mahi is a perfect meal on its own. It pairs beautifully with a side of roasted vegetables, a simple green salad, or some grilled asparagus. The light, fresh flavors would also go great with a refreshing drink like a glass of blueberry lemonade.
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16. **Cholesterol:** 100mg
17. **Sodium:** 600mg
18. **Fiber:** 1g
19. **Sugar:** 2g
20. **Disclaimer:** Nutritional values are estimates and can vary based on specific ingredients and portion sizes.
21. **Storage and Leftover Tips:** This dish is best served fresh. Leftovers of grilled fish can be stored in an airtight container in the refrigerator for up to 1 day. To reheat, you can warm it gently in a skillet over low heat.
22. **More Recipes You'll Love:** If you enjoy healthy, savory, and satisfying meals, you might also like these other recipes:
23. A light, tangy chicken salad I actually crave (and there's no mayo in sight)
24. This : Cajun Chicken Sausage Gumbo is my favorite bowl of Southern comfort
25. These : Easy Turkey Wings are my favorite comfort food for lazy Sundays

SWAPS & NOTES

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