

Grilled Mahi-Mahi with Cilantro Butter

Yield 4 servings

4 each - boneless skinless Mahi filets

1 - 16 ounce can of black beans

1 -1/2 cups - Jasmin rice

Marinade for Fish

2-3 tablespoons olive oil

1 tablespoon chopped cilantro

1 tablespoon chopped parsley

½ tablespoon chopped garlic

½ lemon juiced

Salt and pepper to taste

Place fish in gallon zip- lock bag add marinate, refrigerate for an hour or so.

For the Rice and Beans

Cook the rice following the manufactures directions. I like to fold a little butter in at the end.

Dice 1 cup of onions, in a sauce pan heat 1 tablespoon of butter add the onions and cook 4-5 minutes.

Add the beans ½ teaspoon of cumin, ½ teaspoon of chipotle pepper and cook until hot.

For the Citrus Butter

1 stick of butter

Zest a of ½ lemon

Zest of ½ lime

Zest of ½ orange

1 tablespoon chopped cilantro

Salt and pepper to taste

Knead the butter and zest together use about 1 tablespoon per fillet.

Cook the fish however you like just don't overcook. Grilled, broil, sauté.

Divide the rice evenly, top the rice with beans place the fish on top and finish with butter.