

Aleppo pepper mahi-mahi with mint

Ingredients

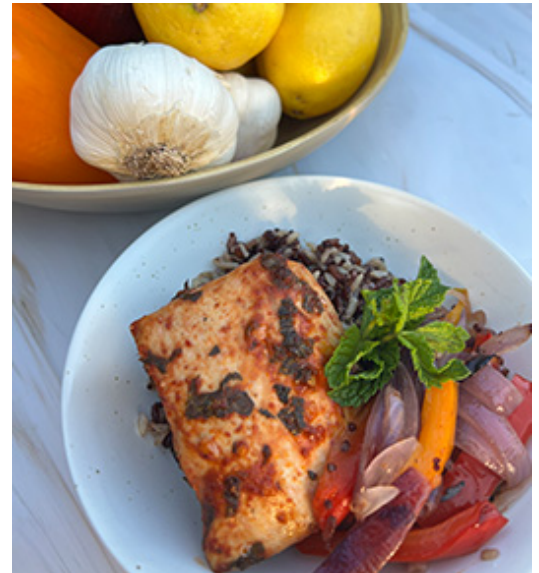
- 1 pound mahi-mahi, cut into 4-ounce pieces
- 2 red bell peppers, cut in 1 -inch cubes
- 1 red onion, cut in 1-inch cubes
- 2 lemons, one juiced, one cut in wedges
- 2 cups cooked brown rice or bulgur
- Fresh mint leaves for garnish

Marinade

- ¼ cup extra-virgin olive oil
- 1½ tablespoons freshly squeezed lemon juice
- 2 tablespoons fresh mint, finely minced
- 1 tablespoon Aleppo pepper, ground or crushed
- 1 tablespoon sweet red pepper paste or tomato paste
- ½ tablespoon tomato paste
- 2 teaspoons freshly minced garlic
- Freshly ground black pepper
- Kosher salt

Directions

- Combine marinade ingredients and mix well.
- Coat mahi-mahi in marinade, refrigerate for 30 minutes.
- Preheat oven to 400 degrees.
- Line a baking sheet with parchment paper.
- Toss onion and bell peppers together, spread on baking sheet and bake 10 minutes.
- Remove baking sheet from oven. Place marinated fish on top of baked vegetables.
- Bake 10–15 minutes or until the fish flakes easily.
- Serve with ½ cup cooked rice or bulgur and lemon wedges.
- Garnish with fresh mint, if desired.



Nutritional Information

Servings: 4

Cost: \$14.94/\$3.74 per serving

Calories: 414 per serving