



Miso Marinated Mahi Mahi with Fresh Fruit Salsa

Serves 1

For the Mahi Mahi:

1 tablespoon sweet white miso
2 tablespoons mirin wine
½ tablespoon honey
1 teaspoon light soy sauce
1 small clove garlic, minced
½ teaspoon fresh ginger, peeled and minced (or grated with a microplane)
1 six ounce mahi mahi filet
Cooking spray
Salt and pepper to taste

1. In a small bowl, whisk together miso, mirin, honey, soy sauce, garlic and ginger. Transfer the mixture to a zip-top plastic bag, add the mahi mahi and marinate in the fridge for at least 2 hours, or up to 6.
2. Heat the oven to 500 degree.
3. Spray a baking sheet lightly with cooking spray. Remove the fish from the marinade and drain off any excess. Season it lightly on both sides with salt and pepper and place it on the baking sheet. Broil for 5-7 minutes, depending on the thickness of the fish. It should be flaky and slightly firm but not dry. Remove the fish from the baking sheet with a spatula.

For the Salsa:

2 tablespoons fresh pineapple, diced
1 tablespoon banana, diced
2 tablespoons avocado, diced
1 teaspoon fresh cilantro, chopped
1 teaspoon fresh basil, chopped
1 teaspoon fresh mint, chopped
Salt and pepper to taste

1. Combine all ingredients in a bowl and mix well.
2. Spoon salsa over the fish.

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