



Roasted Poblano Mahi Mahi with Spicy Sofrito

Time: 35 minutes

Serves: 5

Ingredients

- 5 portions of 6 oz (141 g) Mahi Mahi, fresh or frozen (thawed)
- 4 oz (113 g) Minor's® Fire Roasted Poblano Flavour Concentrate Gluten Free
- 2 ½ tsp (12 ml) extra virgin olive oil
- 2 ¼ cups (560 ml) spicy sofrito*
- 2 cups (500 ml) tomato-infused rice*

Directions

- Dry off fish completely.
- Preheat grill to high heat.
- Lightly oil the grill.
- Place Mahi Mahi fillet on the grill and sear both sides.
- Combine the olive oil and concentrate.
- Take the seared Mahi Mahi from the grill and coat the top of the fish with the mixture.
- Bake in a 350°F (180°C) convection oven until fully cooked, approximately 7 to 9 minutes or until it reaches an internal temperature of 158°F (70°C).
- Place rice in the centre of plate, top with spicy sofrito, and top with fish.
- Garnish with your choice of herb(s) and lime wedge.

This recipe features a beautifully grilled Mahi Mahi fillet, enhanced with a flavourful concentrate. Perfect for bringing a savoury experience to any menu.