Caribbean Mahi Mahi

Quick · Serves 4

Ken's note: TBD

Mahi mahi with sautéed banana and mango in a light pineapple-coconut broth, served over rice. About 20 minutes.

Ingredients

- 1 medium banana, in ½-inch slices
- 1 Tbsp oil or butter
- 20 oz mahi mahi fillets, in 2-inch pieces
- ½ cup sliced mango
- 1 cup low-sodium chicken broth
- ⅔ cup pineapple juice
- ¼ cup coconut milk
- ½ tsp salt
- ½ tsp black pepper
- 4 cups cooked long-grain rice
- 1 cup watercress, to garnish (optional)

Method

1. Cook the banana in the oil in a large nonstick skillet 2–3 minutes, until golden on both sides. Add the mahi and cook 3–4 minutes, just until it flakes with a fork.
2. Stir in the mango, broth, pineapple juice, coconut milk, salt, and pepper and heat through. Taste and salt at the end.
3. Spoon the rice onto a platter, and put the fish mixture in the center, with watercress at the ends if you like.
4. Sturdy fish like barramundi can stand in for the mahi mahi. Thin or delicate fish like flounder can't take this cooking, so don't use it.