

# Herb-Seared Mahi-Mahi

## Ingredients

4 Mahi Mahi Portions  
Salt & Pepper to taste  
1 bunch Flat Leaf Parsley, finely chopped  
1 sprig fresh Rosemary, finely chopped  
1 small bunch fresh Thyme, finely chopped  
2 tbsp Olive Oil

## Directions

Season both sides of fish with salt & pepper. Mix together chopped herbs and press on top of fish. Heat oil in a large sauté pan on medium-high heat. Add fillets, herb side down. Sauté for 3—5 minutes on each side until cooked through. Fish will flake easily with a fork and be opaque throughout when done.

Recipe From: Florida Department of Agriculture & Consumer Services

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