

Blackened Mahi Mahi with Slaw

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INGREDIENTS

- 2 ½ lb filets of Mahi Mahi (as thick as you can find)
- 3 tbsp Blackened Seasoning by Dusted
- ½ head of red cabbage
- ½ red onion
- 1 bunch of fresh cilantro
- 3 fresh limes
- 1 avocado
- ¼ cup sour cream
- 2 jalapenos

DIRECTIONS

1. Pat your fish dry with a paper towel
2. Generously blacken your filets on all sides, drizzle with a little olive oil, and rub it all around really good. Set aside to marinate for a few minutes.
3. Time to prep your red cabbage slaw. Thinly shave/slice your cabbage with a knife (or you can use a mandolin if you like it really thin) – put it in a bowl.
4. Slice your red onion and 1 of the jalapenos to be just as thin as the cabbage, and throw them in the same bowl.
5. Chop ½ of the fresh cilantro into small pieces and throw them into the bowl with the cabbage, onion and jalapeno.
6. Squeeze juice from 1.5 limes into the bowl, add salt, and mix it really well. Put it in the fridge while you cook your fish.
7. Now it's time to prepare your avocado crema. Put the following ingredients into a bowl or large measuring cup that will allow you to blend with an immersion blender. If you don't own an immersion blender, a regular blender or food processor will also work! Items to add: 1 Entire avocado (seeded and skin peeled off), ¼ cup sour cream, 1 jalapeno (deseeded and stemmed for less spice), fresh

juice from 1 entire lime, ½ bunch of cleaned and dried cilantro, salt. BLITZ it all up until silky smooth and set aside in the fridge until you are ready to serve.

8. Preheat your oven to 350°F

9. Heat a cast-iron skillet on medium-high heat until warm. Place each Mahi filet into the pan and let the filets cook for 3 minutes on each side.

10. If your filets are an inch thick or more, you will need to finish them in the oven at 350°F for 5 minutes.

11. To serve, spread the avocado crema on the bottom of the plate, top with the slaw (drain out as much juice as possible before putting it on the plate), and then finish with your gorgeous fish filets.