



THE EAT-CLEAN DIET®

FAST FAT LOSS that lasts forever!

FAB RECIPE – WEEK OF 16 JULY 2012

Mahi Mahi with Pineapple & Red Peppers

A hearty, white-fleshed fish, mahi mahi stands up well to the bold flavors of pineapple and red bell pepper.



Serves: 4

Hands-on time: 10 minutes

Total time: 15 minutes

CATEGORY:

[Under 45 Minutes](#)

INGREDIENTS:

- 2 1/3 cups low-sodium chicken broth, divided
- 1 cup whole-wheat couscous
- 2 tsp olive oil
- 4 4-oz boneless, skinless mahi mahi fillets
- 1/4 tsp each sea salt and fresh ground black pepper
- 2 cups chopped fresh pineapple
- 1 red bell pepper, diced
- 2 tbsp chopped fresh chives

INSTRUCTIONS:

1. In a small saucepan, bring 1 1/3 cups broth to a boil on high heat. Stir in couscous. Remove from heat immediately, cover and let sit for 5 minutes, until liquid is absorbed.
2. Meanwhile, in a large skillet, heat oil on medium-high. Season both sides of mahi mahi with salt and black pepper. Add mahi mahi to skillet and cook for 1 minute per side, until golden. Remove from pan and set aside.
3. Add pineapple and bell pepper to skillet and cook on medium-high for 2 minutes, until soft, stirring occasionally. Stir in cooked couscous, remaining 1 cup broth and chives and mix well. Arrange mahi mahi on top of couscous mixture, cover with foil and cook for 2 minutes, until mahi mahi is tender and steaming under foil.

Nutrients per serving (1 mahi mahi fillet and 1 cup couscous mixture): Calories: 300, Total Fat: 4.5 g, Sat. Fat: 1 g, Carbs: 38 g, Fiber: 6 g, Sugars: 10 g, Protein: 29 g, Sodium: 260 mg, Cholesterol: 85 mg

Source: www.cleaneatingmag.com