

# **Blackened Mahi Mahi with Pineapple Pico de Gallo**

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**Servings: 1**

**FOR THE PICO de GALLO**

**2 slices fresh pineapple**

**1 tomato, seeds removed and diced**

**1/2 red onion , diced**

**1 small jalapeno pepper (to taste), seeded and diced**

**1/2 bunch cilantro, finely chopped**

**juice of one lime**

**FOR THE MAHI MAHI**

**1 six-ounce mahi mahi fillet**

**blackening seasoning (your favorite kind), to coat fish on one side**

**2 ounces vegetable oil**

**8 asparagus spears**

Heat a cast iron pan on the grill top for 10 minutes. While the pan is heating, make your grilled pineapple pico de gallo.

Grill the pineapple until lightly caramelized and set aside to cool.

Place the diced tomato in a mixing bowl. Add the diced red onion, jalapeno and cilantro.

Squeeze the lime into the tomato mixture.

Dice the cooled pineapple and toss into the tomato mixture. Set aside to allow the flavors to come together. (This pico de gallo can be made a day earlier, if you like.)

Blacken the mahi mahi.

Now that your pan is hot, dredge one side of the mahi mahi fillet in the blackening seasoning. Shake off any excess seasoning.

Drizzle the vegetable oil into the center of the hot pan. Lay the fish, seasoned side down first, away from you. (This is very important so that you do not burn yourself with the hot oil.)

Cook the fish for 5 to 7 minutes, then flip with a spatula or tongs. Again, laying the fish away from yourself to prevent burns. Cook an additional 5 minutes or until done. (Fish should feel firm to the touch.)

To serve: Grill the asparagus and place on the plate. Next, gently position the fish, blackened side up, covering the base of the asparagus but leaving the tips out, showing.

Top with the pico de gallo and serve.

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Per Serving (excluding unknown items): 1022 Calories; 61g Fat (50.3% calories from fat); 8g Protein; 129g Carbohydrate; 15g Dietary Fiber; 0mg Cholesterol; 25mg Sodium. Exchanges: 0 Grain(Starch); 0 Lean Meat; 2 Vegetable; 7 1/2 Fruit; 11 1/2 Fat.