

Panko Crusted Mahi-Mahi with Mango Jalapeño Coulis, Lime Smoked Black Beans, and Spanish Rice By, Chef Steven Ferneding

For the Panko Crusted Mahi-Mahi:

4 Mahi-Mahi fillets
1 cup panko breadcrumbs
Salt and pepper to taste
Olive oil for pan-frying

For the Mango Jalapeño Coulis:

1 ripe mango, peeled and diced
1 jalapeño pepper, seeded and diced
2 tablespoons lime juice
1 tablespoon honey
Salt to taste

For the Lime Smoked Black Beans:

2 cups cooked black beans
1 tablespoon olive oil
2 cloves garlic, minced
1 teaspoon ground cumin
Zest of 1 lime
Salt and pepper to taste

For the Spanish Rice:

1 cup long-grain white rice
1 3/4 cups vegetable or chicken broth
1 each red and orange bell pepper
1/4 cup diced onion
1 clove garlic, minced
1 teaspoon ground cumin
Salt and pepper to taste
Chopped cilantro for garnish

Let's Cook!

Step 1: Prepare the Panko Crusted Mahi-Mahi

Season the Mahi-Mahi fillets with Lime Leaf powder, salt and pepper.

Coat each fillet evenly with panko breadcrumbs, pressing gently to adhere.

Heat olive oil in a large skillet over medium heat.

Add the Mahi-Mahi fillets to the skillet and cook for 3-4 minutes on each side until golden brown and cooked through. Remove from heat and set aside.

Step 2: Make the Mango Jalapeño Coulis

In a blender or food processor, combine the diced mango, diced jalapeño, lime juice, honey, and a pinch of salt.

Blend until smooth. Taste and adjust seasoning if needed. Set aside.

Step 3: Prepare the Lime Smoked Black Beans

Heat olive oil in a saucepan over medium heat.

Add minced garlic and cook until fragrant, about 1 minute.

Add cooked black beans, ground cumin, lime zest, salt, and pepper.

Cook, stirring occasionally, until heated through. Keep warm until ready to serve.

Step 4: Cook the Spanish Rice

In a saucepan, heat a bit of olive oil over medium heat.

Add diced onion and minced garlic, and cook until softened.

Stir in the rice and cook for 1-2 minutes until lightly toasted.

Add diced tomatoes, ground cumin, salt, and pepper. Stir to combine.

Pour in the broth and bring to a boil. Reduce heat to low, cover, and simmer for 15-20 minutes until the rice is cooked and liquid is absorbed.

Fluff the rice with a fork and garnish with chopped cilantro.

Step 5: Serve

Divide the Lime Smoked Black Beans and Spanish Rice among serving plates.

Place a Panko Crusted Mahi-Mahi fillet on top of each plate.

Drizzle Mango Jalapeño Coulis over the fish.

Serve immediately and enjoy your Panko Crusted Mahi-Mahi with Mango Jalapeño Coulis, Lime Smoked Black Beans, and Spanish Rice!