

## Moroccan Fish with Tomato-Orange-Mint Sauce

Adapted from *The Complete Step by Step Low Carb Cookbook*, Jan 2005



### Servings: 4

You may also reserve a few tablespoons of the red onion and tomato to use as garnish. Mince up the onion and cut the tomatoes into fine pieces if so.

1. Sprinkle 1/4 teaspoon salt evenly over fillets. Heat 1 teaspoon oil in a large nonstick skillet over medium-high heat until hot. Add fillets; cook 3 minutes on each side or until lightly browned. Remove from pan; set aside, and keep warm.
2. Add 1 teaspoon oil to pan; place over medium-high heat until hot. Add onion and ginger; sauté 2 minutes. Add 1/4 teaspoon salt, tomato, and next 6 ingredients; cook 5 minutes, stirring occasionally. Taste for seasoning.
3. Return fillets to pan, nestling fillets in tomato mixture; cook 3-4 minutes until fish is medium-rare or to desired degree of doneness. Cover pan for part of this cooking time. Use an instant read thermometer, and remove fish once it reaches 145°F. It will continue to cook when you place fillets on individual plates. Stir chopped mint and cilantro into tomato mixture; spoon mixture on top and around each fillet. Garnish with additional sprigs of cilantro. If using some raw onion and fresh tomato, sprinkle that on top.

- 1/2 teaspoon salt, divided
- 24 ounces mahimahi, fillets (6-ounces each)
- 2 teaspoons olive oil, divided
- 1 3/4 cups red onion, chopped
- 1 tablespoon fresh ginger, peeled and minced
- 2 cups tomato, coarsely chopped
- 2 teaspoons grated orange rind
- 4 tablespoons fresh orange juice
- 2 tablespoons capers
- 1 tablespoon fresh lemon juice
- 1 teaspoon grated lemon rind
- 1/4 teaspoon ground cinnamon
- 1/4 cup chopped fresh mint
- 3 tablespoons chopped fresh cilantro, reserving some for garnish

*Per Serving (excluding unknown items): 233 Calories; 4g Fat (15.0% calories from fat); 34g Protein; 16g Carbohydrate; 3g Dietary Fiber; 124mg Cholesterol; 557mg Sodium; 10g Total Sugars; 0mcg Vitamin D; 78mg Calcium; 3mg Iron; 1188mg Potassium; 308mg Phosphorus. Exchanges: .*

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