

Recipe of the Week

Dijon Mustard Infused Mahi Mahi



- 4 Mahi Mahi Fillets
- 2 tbsp Light Mayonnaise
- 2 tsp Dijon Mustard
- 1 cup Panko Bread Crumbs
- 1/2 cup Fine Bread Crumbs
- 1 tsp Paprika
- 1 tbsp Dried Parsley Flakes
- Salt & Pepper to taste

Heat oven to 200°C. Lightly grease a large shallow baking dish or spray with non stick cooking spray.

Combine mayonnaise and mustard, rub the mixture over fish fillets.

In a food processor, combine panko and fine bread crumbs, paprika, parsley, salt & pepper. Pulse 4-6 times to combine. Pour bread crumb mixture into a wide, shallow bowl. Dip the coated fillets in the mixture, turning to coat both sides.

Arrange the coated fillets in the prepared baking dish.

Bake the fish fillets for 15-18 minutes, or until fish is cooked through.

Serve with steamed vegetables or fresh garden salad.

The time will depend on thickness of fillet. Fish will flake away easily with a fork when done.