



## Mahi-Mahi Fish Bowls

Recipe By ANGELA RAMSEY

SERVES: 4

### INGREDIENTS:

- |  |   |
|--|---|
| <input type="checkbox"/> 4 mahi-mahi frozen fillets    | <input type="checkbox"/> 1 cup red cabbage, <i>chopped</i>              |
| <input type="checkbox"/> 2 tbsp. olive oil             | <input type="checkbox"/> 1 bunch of cilantro, <i>chopped (to taste)</i> |
| <input type="checkbox"/> 1 cup dry quinoa              | <input type="checkbox"/> 2 ripe avocados                                |
| <input type="checkbox"/> 2 cups water or broth         | <input type="checkbox"/> 1 cup baby tomatoes                            |
| <input type="checkbox"/> 1 (15 oz.) can of black beans | <input type="checkbox"/> 1 lime, <i>quartered</i>                       |
| <input type="checkbox"/> 1 cup lettuce, <i>chopped</i> | <input type="checkbox"/> tortilla chips                                 |
|  | <input type="checkbox"/> pink salt to taste                             |

### DIRECTIONS:

- ☐ 1. Thaw frozen fish fillets (out of the original packaging) overnight in refrigerator or under cool water.
- ☐ 2. Add olive oil to coat a skillet on low-medium heat. Sauté fish until flaky, turning over to both sides.
- ☐ 3. Bring 1 cup dry quinoa and 2 cups water or broth to a boil. Reduce heat to simmer and cover. Cook about 15 minutes until liquid is absorbed.
- ☐ 4. Heat black beans on stovetop until warm.
- ☐ 5. Chop lettuce, red cabbage and cilantro then place in separate bowls.
- ☐ 6. Slice avocados in half, then using a knife slice horizontally in rows and scoop out with a spoon. Cut lime in 4 parts. Half baby tomatoes.
- ☐ 7. Slice fish fillets and place fish, quinoa, and black beans and all other ingredients into separate bowls.
- ☐ 8. Layer quinoa, fish and desired toppings. Serve with tortilla chips, a dash of pink salt, and a hint of lime juice.

*This recipe is gluten free, vegan, and soy free. This dish makes a great DIY bar! Lay out each ingredient and let guests build their own taco fish bowls!*

## Did you make this recipe?

Tag your picture ( @inglesmarkets ) and you might win a prize!