

DINNER

Grilled Mahi Mahi in Thai Coconut Sauce

6 October 2026

TOTAL TIME	PREP	COOK	SERVES	PER SERVING	CALORIES
30 min	15 min	15 min	2	\$7.03	493 kcal

Need a gluten free, dairy free, paleolithic, and primal main course? Grilled Mahi Mahi in Thai Coconut Sauce could be an outstanding recipe to try. This recipe serves 2 and costs \$7.03 per serving. One portion of this dish contains about 35g of protein, 37g of fat, and a total of 493 calories.

Ingredients

- ☐ 1½ cups coconut milk
- ☐ 2 tablespoons chopped fresh cilantro
- ☐ 2 cloves garlic, minced
- ☐ 2 tablespoons lime juice
- ☐ 1 teaspoon fish sauce
- ☐ 4 teaspoons minced fresh ginger root
- ☐ 2 tablespoons chopped green onion
- ☐ 12 ounce mahi mahi fillets

EQUIPMENT Sauce pan, Grill pan

Method

- 1

Heat a grill pan over medium heat.
- 2

Stir coconut milk, 2 tablespoons cilantro, 2 tablespoons green onion, lime juice, ginger, garlic, and fish sauce together in a saucepan; bring to a boil.
- 3

Brush the mahi mahi fillets with enough sauce to coat. Cook the remaining sauce at a boil until slightly thickened, 3 to 4 minutes.

- 4 Cook the mahi mahi in the grill pan until the fish flakes easily with a fork, about 7 minutes per side.
- 5 Transfer to a serving platter, top with the sauce, and garnish with 2 tablespoons cilantr and 2 tablespoons green onion to serve.

Nutrition per serving

493	35 g	37 g	8 g
KCAL	PROTEIN	FAT	CARBS
Saturated Fat			32.4 g · 202% of daily needs
Fibre			0.4 g · 1% of daily needs
Sugar			0.6 g · 1% of daily needs
Sodium			410 mg · 18% of daily needs
Cholesterol			124 mg · 41% of daily needs
Vitamin C			8.6 mg · 10% of daily needs

Adapted from Allrecipes. Find this recipe, ratings and more ideas at whatsheate.com/grilled-mahi-mahi-in-thai-coconut-sauce-148484