



## Seared Mahi-Mahi with Saffron Risotto and Mango Sauce

 Gluten Free

READY IN



75 min.

SERVINGS



6

CALORIES



588 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 1 cup arborio rice
- 6 servings pepper black freshly ground
- 0.3 cup canola oil
- 3 cups chicken stock see
- 1 teaspoon ginger fresh chopped
- 1 clove garlic quartered
- 1 lime microwaved juiced (allow to cool before squeezing)

- 36 ounce mahi-mahi fillets
- 1 mangos
- 0.3 cup olive oil
- 1 tablespoon olive oil
- 6 servings bell pepper
- 1 teaspoon rice wine vinegar
- 1 pinch saffron threads
- 6 servings salt
- 2 scallions chopped for garnish
- 1 tablespoon shallots chopped
- 1.5 teaspoons mustard stone-ground
- 2 tablespoons butter unsalted
- 1 ounce bottled water
- 0.5 cup white wine
- 1 tablespoon well-rinsed to remove all traces of sand fresh
- 1 tablespoon well-rinsed to remove all traces of sand fresh

## Equipment

- frying pan
- sauce pan
- ladle
- pot
- blender

## Directions

- Watch how to make this recipe.
- Peel the mango, cut into slices, and drop into the feed tube of a running blender to puree.
- Add the rice wine vinegar, cilantro, garlic, ginger, water, oil, mustard, and lime juice. Season with salt and pepper, to taste, and set aside.

- Bring chicken stock to a simmer. In a separate large saucepan on an adjacent burner, heat the olive oil and add the shallots and the rice. Lightly saute: you actually are toasting the rice. Cook until the rice becomes translucent and the shallots become soft, stirring constantly.
- Add the white wine to deglaze the pan. Begin slowly adding the warm stock, 1 ladle-full at a time, to the rice pan, stirring as you go. This will bring out the starch in the rice and make the mixture creamy. As the mixture absorbs the broth, ladle more into the pot. When the first ladle of stock has been absorbed into the rice, add the pinch of saffron. When all of the stock has been ladled into the rice pot, slowly simmer until the rice is soft and creamy. Stir the butter into the risotto for more flavor and creaminess. Set aside, keeping warm until needed.
- Heat a saute pan for the fish. Rub fish fillets with oil, salt and pepper.
- Place in pan, skin side facing up. Turn the fish over after 3 to 4 minutes. Cook for another 3 to 4 minutes or until done. Do not overcook the fish. It is done when the flesh springs back.
- Remove the fish to a utility platter.
- Place a mound of risotto on each plate. Top with mahi-mahi.
- Drizzle some mango sauce around the plate and top with chopped scallions.

## Nutrition Facts

**PROTEIN 26.55%** **FAT 43.5%** **CARBS 29.95%**

### Properties

Glycemic Index:83.96, Glycemic Load:24.75, Inflammation Score:-10, Nutrition Score:32.543912772251%

### Flavonoids

Cyanidin: 0.03mg, Cyanidin: 0.03mg, Cyanidin: 0.03mg, Cyanidin: 0.03mg Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg Pelargonidin: 0.01mg, Pelargonidin: 0.01mg, Pelargonidin: 0.01mg, Pelargonidin: 0.01mg Catechin: 0.75mg, Catechin: 0.75mg, Catechin: 0.75mg Epicatechin: 0.11mg, Epicatechin: 0.11mg, Epicatechin: 0.11mg, Epicatechin: 0.11mg Hesperetin: 4.88mg, Hesperetin: 4.88mg, Hesperetin: 4.88mg, Hesperetin: 4.88mg Naringenin: 0.46mg, Naringenin: 0.46mg, Naringenin: 0.46mg, Naringenin: 0.46mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.47mg, Luteolin: 0.47mg, Luteolin: 0.47mg, Luteolin: 0.47mg Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 0.66mg, Quercetin: 0.66mg, Quercetin: 0.66mg, Quercetin: 0.66mg

### Nutrients (% of daily need)

Calories: 587.77kcal (29.39%), Fat: 27.69g (42.6%), Saturated Fat: 5.49g (34.28%), Carbohydrates: 42.92g (14.31%), Net Carbohydrates: 39.3g (14.29%), Sugar: 10.39g (11.54%), Cholesterol: 137.8mg (45.93%), Sodium: 535.7mg (23.29%), Alcohol: 2.06g (100%), Alcohol %: 0.52% (100%), Protein: 38.03g (76.06%), Vitamin C: 112.48mg (136.34%), Selenium: 70.7µg (101.01%), Vitamin B3: 14.69mg (73.44%), Vitamin A: 3179.33IU (63.59%), Vitamin B6: 1.1mg (54.98%), Folate: 145.13µg (36.28%), Phosphorus: 343.16mg (34.32%), Vitamin E: 4.95mg (33.01%), Potassium: 1124.32mg (32.12%), Manganese: 0.54mg (27.13%), Vitamin K: 27.78µg (26.45%), Iron: 4.27mg (23.71%), Vitamin B1: 0.33mg (21.71%), Vitamin B5: 2.06mg (20.64%), Magnesium: 80.92mg (20.23%), Vitamin B2: 0.33mg (19.15%), Vitamin B12: 1.03µg (17.14%), Fiber: 3.62g (14.47%), Copper: 0.27mg (13.73%), Zinc: 1.61mg (10.76%), Calcium: 51.85mg (5.18%)