



Braised Mahi Mahi with Couscous

Ingredients

12 Cups Low Sodium Vegetable Broth
3 Cups Cooked Couscous in Veg. Broth
1 ½ Cups Great Northern Beans, Dried. Picked, Rinsed & Drained
6 oz. Red Pearl Onions, Fresh
2 Tbsp Olive Oil
2 Tbsp Garlic, Fresh, Minced
6 oz. Fennel, Fresh, Julienne
6 oz. Carrots, Fresh, Julienne
1 ½ Cups Sherry Wine Vinegar
6 Mahi Mahi Steaks, 4 oz, Raw

Nutrition Facts (per serving)

Calories	318
Fat (g)	3.7
Saturated Fat (g)	0
Cholesterol (mg)	0
Sodium (mg)	325
Carbohydrate (g)	39.9
Fiber (g)	6.8
Protein (g)	30.3
Calcium (mg)	88

Preparation

Prepare Vegetable Broth and Couscous according to recipes. Soak beans in water overnight in refrigerator. Drain and discard excess liquid. Blanch onions. Drain well. Peel.
In a sauté pan, heat oil. Add garlic, fennel and carrot. Sauté. Deglaze pan with vinegar.
Add beans, onion and broth. Simmer until beans are tender. Strain liquid, reserving liquid and vegetables separately. Transfer liquid and half the vegetable mixture to a food processor or blender. Process until pureed.
Sear each Mahi Mahi steak in a small sauce pan. Add pureed mixture to cover ¾ of the steak. Simmer for 10 minutes. Place ½ cup couscous on serving plate. Top with 1 Mahi Mahi steak and 1 oz ladle braising liquid. Garnish with ½ cup reserved vegetables.

Serves 6

Serving Size: 3 oz. scallops over 6 oz. risotto

