

# Mahi Mahi Tacos

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Makes 8 tacos



A fresh and healthy option for those who don't like fish, or want to try a new way of eating it. Mahi Mahi is known for being a more meaty fish, for less fishy flavor. It also flakes well. This is a great way for getting essential Omega-3 fatty acids without the fishy taste! These tacos are great for a light summer dinner, or a great lunch! Experiment with different toppings until you find your favorite combination.

Prep time: 15 minutes

Cook time: 6-8 minutes

Adapted from Spache the Spatula

## Ingredients

- Olive Oil
- 3-4 Mahi Mahi fillets (12 ounces total)
- Blackened seasoning mix (you can buy this from any food store, or make your own)
- Corn tortillas

## Toppings

- 1 Avacado, sliced
- Cilantro, chopped
- lime wedges
- Quest fresco - or your favorite Mexican cheese
- Salsa (we like Pineapple Mango salsa!)
- Sour cream



## Directions

1. In large skillet or frying pan, heat a few tablespoons of the olive oil.
2. Coat the Mahi Mahi in the blackened seasoning. It should completely cover both sides.
3. Add the fish to the pan, searing each side for three to four minutes. The meat will be white when done.
4. Meanwhile, in a small pan, heat a few teaspoons of oil. Add a corn tortilla and cook on both sides until it starts to char. Repeat for desired number of tortillas. (Use a big pan to cook multiple.) Cover cooked tortillas with a towel to keep them warm.
5. When fish is done, break into chunks, or flake with a fork and place on tortilla. We found that breaking it into chunks allowed the mahi mahi to taste stronger. Try flaking for less "fishy" flavor.
6. Add avocado and cilantro, crumble queso fresco and squeeze lime juice over the top. Pour on salsa and add a dollop of sour cream and enjoy!

## Blackened Seasoning

You can buy this seasoning at the store, or make your own from this recipe.

Prep time: 3 minutes

Mix time: 30 seconds



## Ingredients

- 2 tablespoons paprika
- 1 tablespoon onion powder
- 2 teaspoons cayenne pepper (adjust to taste)
- 2 teaspoons dried thyme
- 2 teaspoons garlic powder

- 1 teaspoon black pepper
- 1 teaspoon salt
- 1 teaspoon basil
- 1 teaspoon dried oregano

## Directions

1. In a mixing bowl, stir spices together until well blended.
2. Store in an airtight container in a cool dry area.

## Authors

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