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Potato-Horseradish-Crusted Mahi-Mahi

Prep Time: 15 mins

Cook Time: 10 mins

Total Time: 25 mins

Ingredients

- ❖ 1 cup(s) potatoes, pre-cooked, shredded
- ❖ 1 medium shallot(s), finely chopped
- ❖ 1 tablespoon horseradish, prepared
- ❖ 1 teaspoon mustard, Dijon
- ❖ 1/2 teaspoon garlic salt
- ❖ 1/4 teaspoon pepper, black ground, freshly ground
- ❖ 1 1/4 pounds fish, mahi-mahi, skin removed, cut into 4 portions
- ❖ 4 teaspoon mayonnaise, reduced-fat
- ❖ 1 tablespoon oil, canola
- ❖ 1 medium lemon, quartered

Preparation

1. Combine potatoes, shallot, horseradish, mustard, garlic salt and pepper in a medium bowl. Spread each portion of fish with 1 teaspoon mayonnaise, then top with one-fourth of the potato mixture, pressing the mixture onto the fish.
2. Heat oil in a large nonstick skillet over medium-high heat. Carefully place the fish in the pan potato-side down and cook until crispy and browned, 4 to 5 minutes. Gently turn the fish over, reduce the heat to medium and continue cooking until the fish flakes easily with a fork, 4 to 5 minutes more. Serve with lemon wedges.

