

# Garlic Lemon Mahi Mahi

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## Ingredients

Vegetable oil, for sautéing  
2 mahi portions, 5 oz  
2 tbsp chopped garlic  
1 lemon, juiced  
1/2 cup white wine  
1 oz unsalted butter, melted or cubed  
Salt & black ground pepper

## Directions

In a large sauté pan, heat the oil. Add the mahi and cook until the underside is golden brown. Turn the fish over and add the garlic, lemon juice and white wine. Once the wine and lemon juice have cooked down, add the butter. Finish cooking and season with salt and pepper.

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