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Chef Robert Irvine: Grilled Mahi-Mahi Sandwich

Ingredients

3 oz. mahi-mahi
1 toasted whole-wheat bun or substitute (or no bread at all)
1 tbsp cumin
1/2 cup vanilla or plain yogurt
1 tbsp honey
2 tbsp rice wine vinegar
1 squeeze of lime
1 tbsp seeded and finely diced jalapeno
1 cup shredded red cabbage
1 butter lettuce leaf
1/4 avocado, sliced
1 teaspoon shredded or minced garlic
1/2 cup diced mango
1/2 cup diced pineapple
1 pinch of salt
1 pinch of pepper

Directions

1. Lightly grill a piece of mahi-mahi for 3 minutes on each side, then remove from grill and let rest. This important step allows the juices of the fish, previously constricted during cooking, to return to all corners.
2. Make a dressing out of the cumin, yogurt, honey, rice wine vinegar, lime, and jalapeno by combining in a mixing bowl with a whisk. Start by whisking slowly, then more vigorously, until the dressing is consistent.
3. Combine the cabbage, garlic, pineapple, and mango in a separate mixing bowl to create the slaw, or salad.
4. Salt and pepper the slaw to taste.
5. Add half the dressing to the slaw, setting aside the other half.

6. Spread a light amount of the reserved dressing onto the base of the whole-wheat bun, then stack butter lettuce, slaw, and mahi-mahi, in that order. Top with the other half of the whole-wheat bun.

7. For a bread-free alternative, plate the mahi-mahi atop a brush stroke of dressing and slaw, then finish with a fan of avocado slices!

You can follow this same recipe, only substituting salmon or swordfish for the mahi-mahi, for the same gorgeous, healthy, protein-rich results!