

SCD Garlic-lemon Mahi

SCD entrée



Ingredients:

	Olive oil for sauteing
4	4 oz Mahi Mahi fillets
1 Tbsp	Garlic, chopped
1	Lemon, juiced
¼ cup	White wine
1 oz	Butter, unsalted, cubed
	Fresh cracked Salt and Pepper to taste

Directions:

Fish:

- 1.) In a 12" non-stick skillet, heat oil over moderate heat until hot but not smoking.
- 2.) Add mahi and cook until the underside is golden brown.
- 3.) Turn fish over and add garlic, lemon juice, and white wine.
- 4.) Once the wine and lemon have cooked down, add the butter.
- 5.) Finish cooking and season with salt and pepper.

Notes / Suggestions:

- 1.) Serves 4.

