

Citrus Herb Mahi Mahi with Cauliflower Rice & Roasted Zucchini

40 MIN • SERVES 4 • PALEO

INGREDIENTS

- 4 mahi mahi fillets
- 2 tablespoons avocado oil, divided
- 2 cloves garlic, minced
- 1 teaspoon lemon zest
- 1 teaspoon dried oregano
- 1/2 teaspoon smoked paprika
- 1 teaspoon sea salt, divided
- 1/4 teaspoon black pepper
- 2 medium zucchini, sliced into half-moons
- 1 pint cherry tomatoes
- 1 large head cauliflower, cut into florets
- 1 tablespoon lemon juice
- 2 tablespoons chopped fresh parsley

DIRECTIONS

- 1 Preheat oven to 425°F. Line a sheet pan with parchment paper. Toss the zucchini and cherry tomatoes with 1 tablespoon avocado oil, 1/2 teaspoon sea salt, and black pepper. Spread in an even layer.
- 2 In a small bowl, mix the remaining avocado oil with garlic, lemon zest, oregano, smoked paprika, and the remaining sea salt. Rub the mixture over the mahi mahi fillets.
- 3 Roast the vegetables for 10 minutes. Remove the pan, add the mahi mahi fillets, and return to the oven for 10–12 minutes, or until the fish flakes easily.
- 4 Meanwhile, pulse the cauliflower in a food processor until it resembles rice. Sauté the cauliflower rice in a skillet over medium heat for 5–6 minutes, until just tender. Stir in lemon juice.
- 5 Serve the mahi mahi over the cauliflower rice with the roasted zucchini and tomatoes. Sprinkle with fresh parsley before serving.

