# MEALGenius®

## Simple Spiced Mahi-Mahi

**Active Time:** 10 minutes | **Total Time:** 10 minutes | **Serves:** 4

### Nutrition Information Per Serving

173.8 calories, 3.72 g carbohydrate, 1.48 g fiber, 2.24 g NET carbs, 31.59 g protein, 3.85 g fat

### Ingredients

- 2 tsp(s) organic coconut oil
- 24 ounce(s) mahi mahi filets
- 1 tsp garlic powder
- 1 tsp cayenne pepper
- 1 whole organic lemon, cut into wedges

### Preparation

1. Rinse fish and pat dry.
2. Season with cayenne and garlic powder.
3. Add coconut oil to a safe saute pan and heat to medium-high heat.
4. Add fish. 
5. Cook approximately 4 minutes per side, flipping once.
6. Serve with lemon.