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BAKED MAHI MAHI WITH ROASTED VEGETABLES

Convection is the perfect medium for cooking lean fish such as Mahi Mahi. The circulating Convection heat keeps the fish moist and juicy and you can easily prepare several trays of roasted vegetables at the same time. Here is the cooking plan.

The vegetable dishes will take the longest to cook and will benefit from a higher cooking temperature so they go into the oven first to cook for 15 - 20 minutes. While the vegetables are cooking you can season the fish and prepare an herb sauce such as Chimichurri to serve with the meal. When the vegetables are almost cooked, reduce the oven temperature to 350 degrees and slide the fish into the oven to cook for 6 - minutes and everything will be ready to serve at one time.

Ingredients

3 medium zucchini, cut into 1" chunks
½ red onion, cut into 1" chunks
1 pepper, red or yellow, seeds removed, cut into 1" chunks
1 cup cooked garbanzo beans
¼ tsp dried Italian seasoning
Pinch of dried chili flakes
2 tbsp olive oil
1 ¼ lb Mahi Mahi filets
¼ tsp dried oregano
½ lemon sliced

Preparation

If you plan to cook the cauliflower as shown in the video, then arrange 3 racks in your oven. One close to the bottom for the cauliflower, one closer to the top for the zucchini, and one in the middle for the fish.

Heat the oven in the Convection Roast or Convection Bake mode at 400 degrees.

Combine the zucchini, onion, pepper, garbanzo beans, and seasonings with enough olive oil to coat on a rimmed baking sheet and season with some Kosher salt and ground pepper.

Slide the tray into the oven on the top rack and set the timer for 15 minutes. Meanwhile, place the fish on a lightly oiled rimmed baking sheet and top with the oregano and lemon. Drizzle olive oil over the fish and sprinkle with Kosher salt and ground pepper.



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When the timer has elapsed, reduce the oven temperature to 350 degrees and slide the fish on the middle rack in the oven. Cook for 6 - 8 minutes until the fish is firm.

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