

Soy Ginger Mahi-Mahi Fillets



Ingredients

- 2 lbs Mahi-Mahi Fillets
- 2 tablespoons olive oil
- 2 tablespoons fresh ginger, minced
- 1 tablespoon fresh lime juice
- ¼ cup soy sauce
- 2 tablespoons honey
- 2 tablespoons dry red wine
- 1/8 teaspoon cayenne pepper
- salt and pepper

Combine all ingredients except fish in a 1 gallon zipper bag, mix well. Add Mahi-Mahi and refrigerate for at least 4 hours. Spray grill with non-stick cooking spray and preheat to 475°F. Cook fillets for about 4 minutes on the first side and cook for another 2-3 minutes on the other side, depending on the thickness of the fillet.