

# Easy Quarantine Roasted Mahi

## With Brown Sugar Spice Rub and Orange Vinaigrette

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### INGREDIENTS:

4 6oz. Mahi steaks  
2 T olive oil  
Salt and pepper for meat  
½ lb fresh asparagus  
Your choice of starch. We chose a frozen rice medley

### RUB – (Courtesy Jackie Tellez)

*Use T as measuring element*

5 parts Brown sugar  
3 parts chili powder  
1 part garlic powder  
½ part ground thyme  
¼ part allspice  
(optional: ¼ part cayenne pepper)

### VINAIGRETTE –

¼ C white balsamic  
4 T light olive oil  
½ t salt, ¼ t pepper  
2 T orange zest  
2 T orange juice



### METHOD:

Combine all elements for rub. Set aside. (This is plenty of rub for 2-4 meals. Reserve unused in air tight container in pantry.) Combine all elements for vinaigrette and set aside. Wash and trim asparagus. Place a bit of oil on the mahi and the asparagus, place in glass baking dish, and sprinkle with a little salt and pepper. Then top generously with rub on top of each steak. Now gently ladle the vinaigrette over all. Bake in a 375 degree oven until steaks are just opaque, about 12-18 minutes. Serve.

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