



# SEA EAGLE MARKET

From our boats to your table!

## Baked Mahi Mahi

Serves 4

### Ingredients

- 1 1/2 lbs mahi-mahi fillets
- 1/4 cup orange juice
- 2 tablespoons lemon juice
- 3/4 teaspoon cornstarch
- 1 1/2 tablespoons water
- 1 tablespoon orange marmalade
- 1 tablespoon lemon zest, grated
- salt and pepper to taste

### Directions

- Preheat oven to 400F. Spray a non-reactive baking dish with cooking spray. Arrange fillets in the dish. Drizzle with orange and lemon juices. Season with salt and pepper to taste.
- Set aside 10-15 minutes, turning once to marinate.
- Bake fish 12-15 minutes or until fish flakes easily. Transfer fish fillets to a platter, cover and keep warm.
- Pour fish juice from baking dish into a heavy saucepan. Dissolve cornstarch in water. Stir into fish juice. Add marmalade and lemon zest. Stir over medium high heat 3-4 minutes until sauce thickens. Serve sauce over fish.