

Baked Asian 5 Spice Mahi Mahi

Yield: 4 min
Total Time: 25 min

Recipe from: <https://www.recipeschoose.com/recipes/mahi-mahi-chinese-5-spice-recipe>

Ingredients:

- 4 mahi mahi fillets though I do prefer fresh, I use frozen, defrosted mahi mahi from Costco for convenience!
- 3 teaspoons canola oil or your preference, I used grapeseed oil
- 1/2 teaspoon sesame oil
- 1 1/2 teaspoons 5-spice powder you can find this in the Asian section
- 1 teaspoon minced ginger fresh or jarred
- 3 cloves garlic minced

Nutrition:

1. Calories: 40 calories
2. Carbohydrate: 2 grams
3. Fat: 4 grams
4. Fiber: 1 grams

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