

MAHI-MAHI WITH BLOOD ORANGE, AVOCADO, AND RED ONION SALSA

BON APPÉTIT FEBRUARY 2005

3.5/4 

REVIEWS (81)

92%

MAKE IT AGAIN



TINA RUPP

Low-fat and low-cal, this dish tastes lively and bright.



SAVE RECIPE



ADD TO MENU

YIELD: Makes 2 servings

TOTAL TIME: 30 minutes

INGREDIENTS

- 1 blood orange, Cara Cara orange, or regular orange
- 1/2 cup 1/3-inch cubes avocado
- 1/3 cup chopped red onion
- 2 teaspoons minced red jalapeño
- 2 teaspoons fresh lime juice
- 2 teaspoons olive oil
- 2 6-ounce mahi-mahi fillets

PREPARATION

Using small sharp knife, cut peel and white pith from orange. Working over small

bowl, cut between membranes to release segments. Add avocado, onion, jalapeño, and lime juice to oranges in bowl; stir gently to blend. Season salsa to taste with salt.

Heat oil in heavy medium skillet over medium-high heat. Sprinkle fish with salt and pepper. Add fish to skillet and sauté until brown and cooked through, about 5 minutes per side.

Place 1 fillet on each of 2 plates. Spoon salsa atop fish and serve.

Orange you sweet:

Although they look like regular navel oranges, Cara Cara oranges are tinged pink on the inside and taste a little sweeter. You'll find them at some supermarkets and farmers' markets.

ADD NOTES

RELATED VIDEO

EXCLUSIVE OFFERS

NUTRITIONAL INFO



MENUS & TAGS



TAGS:

AMERICAN CITRUS FISH FRUIT ONION LOW CARB LOW FAT QUICK & EASY
LOW CAL LOW/NO SUGAR DINNER ORANGE AVOCADO HEALTHY BON APPÉTIT
PESCATARIAN PALEO DAIRY FREE WHEAT/GLUTEN-FREE PEANUT FREE TREE NUT FREE
SOY FREE NO SUGAR ADDED KOSHER

LEAVE A REVIEW

Write a review...

REVIEWS



Great dish! This salsa would really compliment a ceviche dish quite well.

AALENDI FROM DENVER, CO / FLAG IF INAPPROPRIATE



So easy and delicious. served over some quinoa and sautéed kale. A bright touch of summer in the middle of a snowy winter

CHARITYLEES FROM PITTSBURGH, PA / FLAG IF INAPPROPRIATE



Perfect, so fresh. I've made this many times, I only change the fish, depending on what is fresh. Last time, Red Snapper.

SIGNE1 FROM PORT CHARLOTTE FL. / FLAG IF INAPPROPRIATE



Delicious, fresh, simple to make, and quick too! I accidentally forgot to add the jalapeno and it was still scumptious. I used Dover sole fillets.

GWYNLIAN FROM PALMER LAKE, CO / FLAG IF INAPPROPRIATE



amazing. i've made this a lot and with all different types of white fish and it's always great

KLRLMARLTON / FLAG IF INAPPROPRIATE



Yes to this recipe! It is great tasting, light yet full of flavor and it's quick to make! Wouldn't change one thing about it :-) I wouldn't hesitate to serve it to company.

BECCIRENFRO FROM WICHITA, KS / FLAG IF INAPPROPRIATE



Oh yum! So healthy, fresh & just downright delicious!

PAMHANSON58 / FLAG IF INAPPROPRIATE



Double easily. Used a regular navel orange 4x3oz fillets and followed the rest exactly. Might chop things up more next time. Lots of juice (nicely soaked up by quinoa) but that juice, mixed with smaller pieces, might make more of a salsa? could be tasty. Great flavors and super easy to make.

VETROCAT FROM ILLINOIS / FLAG IF INAPPROPRIATE



Yummy....tasty fish and delicious salsa...so easy to make and loved by all. will definately make again. Will try to marinate the fish beforehand next time as other chefs suggested.

A COOK FROM PA / FLAG IF INAPPROPRIATE



This was SO good, and very easy. I, too, marinated the fish in lime juice with garlic. I'll



definitely make this again....lo cal and delicious!

JJACKSON311 FROM WHITEFISH, MT / FLAG IF INAPPROPRIATE



It would be great to have details on calories and nutrition facts for healthy low calorie recipes. This recipe is great!

A COOK / FLAG IF INAPPROPRIATE



This was delicious! simple, and the ingredients complimented each other. will definately make this again, didnt add cilantro and it was still great.

A COOK FROM SAN MARCOS / FLAG IF INAPPROPRIATE



This recipe was delicious! The salsa was a perfect edition to the meal. The salsa had texture and depth of flavor.

A COOK FROM CLEVELAND, OH / FLAG IF INAPPROPRIATE



This was easy and tasty. I loved the salsa. I'm not normally a fan of fish so this was a risk that I was very glad I took!

SMITTY12 / FLAG IF INAPPROPRIATE



As Mahi-Mahi is harder to find where I live, I tried this with Snapper instead. It was excellent! Highly recommended.

MIXTAPE / FLAG IF INAPPROPRIATE



I agree with others who suggested marinating the fish in lime juice and garlic and to add cilantro. Very quick, easy and good.

[LMANDERSON FROM BURTONSVILLE, MD](#) / FLAG IF INAPPROPRIATE



made this exactly as written and it was delicious! served it with martha stewart's cilantro rice and sauteed fresh corn with a little cayenne pepper. yum!

[A COOK](#) / FLAG IF INAPPROPRIATE



My husband and I absolutely loved this fresh & healthy recipe! I used what I had on-hand: 1 small can of drained mandarin oranges instead of blood orange, lemon juice instead of lime, and added fresh cilantro. I also marinated fish in lemon juice with chopped garlic for 15 minutes. I've tried this with mahi-mahi & halibut. I like it best with the halibut. Will make this dish all spring & summer long!

[A COOK FROM SEATTLE, WA](#) / FLAG IF INAPPROPRIATE



Bought blood oranges and except for juicing (to pair with vodka:) didn't know what to do with them. This was perfect-only I used swordfish and also added cilantro. Tastes like summer!

[KPDL1 FROM ATLANTA](#) / FLAG IF INAPPROPRIATE



Very tasty- even for my fiance- a fish hater! I added cilantro as others suggested and marinated the fish in garlic in lime juice for 12-15 minutes. Served it with cilantro rice and chips with the leftover salsa.

[XENA1441 FROM WASHINGTON DC](#) / FLAG IF INAPPROPRIATE



So good and so fast! Flavorful, citrusy goodness. It's a forgiving recipe that can be thrown together to your taste, so all you need to remember is the ingredient list. I made this with green jalapeno and added some extra avocado. I also marinaded the fish in fresh garlic while I made the salsa, as other reviews mentioned. The first time I made this, I put it on top of couscous drizzled with lime . The next time I made it, I made fish tacos... warmed spinach tortillas, topped with shredded spinach, lime juice, the mahi mahi, and salsa. These tacos rock and they are super healthy! How can you go wrong?

MICHELLEBIGRED FROM BROOKLYN, NY / FLAG IF INAPPROPRIATE



I just made this meal for my boy friend and another mutual friend and they were very impressed. Changes I made to the recipe include; substituting the Mahi-mahi with Ahi tuna steaks (because the store was out of Mahi-Mahi) and it was absolutely delicious. This was my first time cooking fish and I couldn't believe how easy and tasty it was. I also used grapefruit instead of the oranges because they weren't quite in season and I took the advice of others and added a touch of cilantro to the salsa. I am realy pleased with this recipe and i definitely encourage anyone to try it. It's virtually fool proof! I also recommend this recipe with a white wine like a Pinot Grigio.

JRW41787 FROM DAVIS, CA / FLAG IF INAPPROPRIATE



This was a very quick and easy dinner. The salsa is fantastic and you can sub out the limes for any type of citrus. Marinating in citrus and garlic for 15 minutes was a great suggestion.

HEROPP FROM SIMI VALLEY, CA / FLAG IF INAPPROPRIATE



This recipe was amazing! I'm new to cooking fish and this was so simple, so tasty and so



healthy. I left out the pepper in the salsa and even still it bursted with flavor! Cannot wait to make this again. YUM!

[JSTANLEY](#) / FLAG IF INAPPROPRIATE



I made this for my 5 year old son and I for a weeknight at home - we both loved it! It was tasty, had a clean, subtle zing with the jalapeno and was simple to make. I am a huge lime fan and probably used 2 tbsp instead of 2 tsp - it was delicious. I served with sliced cucumbers drizzled with white vinegar and fresh parsley and a simple couscous. Couldn't have been easier...

[TROPICGIRL98 FROM FORT LAUDERDALE](#) / FLAG IF INAPPROPRIATE

[VIEW MORE REVIEWS](#)

RELATED CONTENT



[Orange, Red Onion and Black Olive Salsa](#)



[Mango and Red Onion Salsa](#)



[Moroccan-Spiced Lamb Burgers with Beet, Red Onion, ...](#)





Papaya and Red Onion
Salsa



Roast Pork Belly Toasts
with Blood-Orange BBQ
Sauce...



CITRUS CRUSTED
TILAPIA WITH BLOOD
ORANGE SALSA.

Get our latest recipes and expert tips right in your inbox

YOUR EMAIL ADDRESS

SIGN UP

epicurious



CONDÉ NAST

© 2017 Condé Nast. All rights reserved. Use of this site constitutes acceptance of our User Agreement (effective 1/2/2014) and Privacy Policy (effective 1/2/2014). Your California Privacy Rights. The material on this site may not be reproduced, distributed, transmitted, cached or otherwise used, except with the prior written permission of Condé Nast. [Ad Choices](#)