Zesty Grilled Mahi Mahi with Sautéed Zucchini

Tender grilled mahi mahi paired with garlic sautéed zucchini for a healthy, low-carb high-protein meal perfect for lean muscle maintenance.

Servings: 2 **Time:** 25 minutes

Ingredients

- 12 oz mahi mahi fillets (2 pieces)
- 1 medium zucchini, sliced into 1/4-inch rounds
- 1 tbsp olive oil
- 1 tbsp lemon juice
- 2 garlic cloves, minced
- 1/2 tsp smoked paprika
- 1/4 tsp salt
- 1/4 tsp black pepper
- Fresh parsley, chopped (for garnish)

Instructions

1. Preheat grill or stovetop grill pan to medium-high heat.
2. In a small bowl, mix olive oil, lemon juice, minced garlic, smoked paprika, salt, and pepper.
3. Brush the mahi mahi fillets with half the marinade. Let sit for 5 minutes.
4. Place fillets on the grill. Cook for 4-5 minutes per side until fish flakes easily with a fork.
5. While the fish grills, heat a non-stick skillet over medium heat and add the remaining marinade.
6. Add zucchini slices and sauté for 5-7 minutes until tender but still slightly crisp.
7. Plate the grilled mahi mahi and serve topped with sautéed zucchini and a sprinkle of fresh parsley.

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