

# Mahimahi

## **Fish Watch** *U.S. Seafood Facts*



*Population estimates are high, and no overfishing appears to be occurring.*

*Mahimahi are one of the most common recreationally caught pelagic species in the U.S.*

*Mahimahi is low in saturated fat and is a good source of vitamin B12, phosphorus, and potassium and a very good source of protein, niacin, vitamin B6, and selenium.*

*Between 66 million to 88 million pounds of mahimahi are delivered to the global market each year.*

**Get the facts**  
***fishwatch.noaa.gov***

# Asian Mahimahi Marinade



## Ingredients:

4 mahimahi steaks  
1/4 cup olive oil  
2 tablespoons sesame oil  
2 tablespoons soy sauce  
2 teaspoons rice wine vinegar  
2 teaspoons chopped garlic  
1/8 teaspoon black pepper  
1/8 teaspoon red pepper flakes  
Juice from 1 lime

Mix ingredients and marinate fish for at least 1 hour (up to 4 hours) before cooking. Broil 5 to 6 inches from heat on a greased broiler rack, turning halfway through cooking, allowing 10 minutes for each 1-inch thickness of steaks.

Make informed seafood buying choices.  
Go to [fishwatch.noaa.gov](http://fishwatch.noaa.gov) and get the facts.

