

## Protein Flip™ Mahi Mahi with Black Rice & Edamame Pesto

### Description

A light yet deeply satisfying dish that balances ocean-fresh mahi mahi with the nutty depth of black rice and the vibrant creaminess of an edamame pesto. By portioning the fish at 4 ounces, this recipe keeps the plate **protein-forward and portion-smart**, with nearly equal contributions from plant and animal sources. Fresh spinach adds color and micronutrients, while toasted nuts and herbs in the pesto give the meal a sophisticated finish. **A true Protein Flip™ example — balanced, flavorful, and adventurous.**



Recipe:

**Ingredients:**

**(Serves 4)**

4 mahi mahi fillets (4 oz each)

1 Tbsp olive oil

Salt & black pepper to taste

2 cups cooked black rice ( $\frac{1}{2}$  cup per serving)

1 cup shelled edamame ( $\frac{1}{4}$  cup per serving)

4 cups fresh spinach (1 cup per serving)

**For the Edamame Pesto:**

1 cup shelled edamame

1 small garlic clove

$\frac{1}{4}$  cup nuts (almonds, walnuts, or pistachios)

$\frac{1}{4}$  cup fresh basil leaves

2 Tbsp olive oil

1–2 Tbsp water (to loosen if needed)

1 Tbsp lemon juice

Salt & pepper to taste

**Directions:**

**Make the Pesto:** In a food processor, blend edamame, garlic, nuts, basil, olive oil, lemon juice, and water until smooth. Season with salt and pepper.

**Cook the Mahi:** Pat fillets dry. Season with salt and pepper. Heat 1 Tbsp olive oil in a skillet over medium-high. Sear fish 3–4 minutes per side until golden and cooked through.

**Prepare the Base:** Warm black rice and divide evenly onto plates. Top each with fresh spinach leaves.

**Assemble:** Place mahi mahi on top of the greens, spoon pesto generously over the fish, and sprinkle with extra herbs or nuts if desired.

**Nutrition per Serving (approx.)**

**Protein:** 34 g (22 g animal, 12 g plant)

**Fiber:** 8 g

**Calories:** ~390

**Protein Flip™ Ratio:** ~65% animal / 35% plant 

Fresh Lime Juice (Citrus, fresh, tangy)

Fresh Cilantro (Herbal, fresh, slightly citrusy)

Garlic (Aromatic, savory, anti-inflammatory)

Edamame (High-protein, plant-based, slightly sweet)

Olive Oil (Heart-healthy fat, smooth, mild flavor)  
Crushed Red Pepper Flakes (Spicy, aromatic, slightly smoky)  
Toasted Pine Nuts (Nutty, buttery, heart-healthy)  
Water (Smooth consistency)

**Primary Ingredients (Mahi Mahi and Black Rice):**

Mahi Mahi Fillets (Lean, high-protein, omega-3 rich, tender)  
Salt (Seasoning)  
Black Pepper (Aromatic, slightly spicy)  
Ground Coriander (Citrusy, slightly sweet, aromatic)  
Avocado Oil (Heart-healthy fat, high smoke point)  
Fresh Baby Spinach (Leafy green, nutrient-dense)  
Vegetable Stock (Savory, plant-based base)