

Grilled Ginger Miso Mahi Kebabs

Ingredients

- ½ cup soy sauce
- 1 Tbsp. rice wine vinegar
- 1 Tbsp. honey
- 1 Tbsp. fresh ginger, minced
- ½ cup Miso paste
- 1 lb. mahi mahi, cubed
- 1 Tbsp. corn starch
- 4 stalks scallion, cut into 1/5th
- ½ cup red bell pepper, large dice
- ½ cup red onion, large dice

Directions

1. Combine soy sauce, vinegar, honey, ginger & miso paste in a large bowl. Whisk until well blended. Split the marinade in half and place in two bowls. Add cubed mahi mahi to one bowl sauce and allow to marinate 30 minutes- 1 hour.
2. To make kebabs: assemble the skewer starting with the mahi, scallion, red pepper, mahi, scallion, red onion, mahi.
3. To make glaze: Add 1 Tbsp. cornstarch to remaining sauce and mix until combined. Brush glaze over mahi kebabs as they cook.
4. Grill, over high heat for 7-10 minutes rotating frequently.



Wild Mushroom Quinoa Pilaf

Ingredients

- 1 lb. assorted wild mushrooms, chopped
- 1 medium shallot, minced
- 1 cup quinoa
- 2 cup chicken broth
- 3 Tbsp. fresh parsley, chopped
- Salt & pepper to taste

Directions

1. In a large saucepot, sauté mushrooms and garlic in olive oil over medium heat.
2. Add quinoa and toast for 1-2 minutes. Add chicken broth and bring to a boil.
3. Cover and reduce to a simmer for 15-20 minutes until all stock is absorbed.
4. Finished with chopped parsley, salt and pepper to taste.

Spicy Toasted Sesame Asparagus

Ingredients

- 1 tsp. sesame oil
- 1 Tbsp. olive oil
- Pinch red pepper flake
- 1 lb. Asparagus, chopped
- 3 Tbsp. Oyster sauce
- 2 Tbsp. Sesame seeds

Directions

1. In a large skillet, heat both oils over medium high heat. Add red pepper flake and asparagus and sauté until tender.
2. Finish with oyster sauce and cook another two minutes.
3. Garnish with sesame seeds and enjoy!

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