

Low-Carb Macadamia Crusted Mahi Mahi Bowls

Hands-on 10 minutes Overall 20 minutes

Nutritional values (per serving): Total carbs: 17.9 g, Fiber: 10.8 g, **Net carbs: 7 g**,

Protein: 26.5 g, Fat: 41.2 g, Calories: 513 kcal,

[Original recipe](#), [Keto Diet App](#) - The ultimate low-carb diet app



Ingredients (makes 2 servings)

Macadamia crusted mahi mahi:

1/2 cup crushed [macadamia nuts](#) (67 g/ 2.4 oz)

1/4 tsp paprika

1/4 tsp chili powder

1/4 tsp garlic powder

1/4 tsp onion powder

1/4 tsp salt salt

2 mahi mahi fillets (225 g/ 8 oz)

Cucumber avocado salsa:

1 large avocado, diced (200 g/ 7 oz)

1/2 cup diced cucumber (67 g/ 2.4 oz)

1/4 cup diced red bell pepper (37 g/ 1.3 oz)

2 tbsp minced red onion (20 g/ 0.7 oz)

2 tbsp lime juice (30 ml)

2 tbsp minced cilantro

Optional ingredients:

1 jalapeno pepper, minced, added to the salsa (14 g/ 0.5 oz)

2 cups cauliflower rice, cooked (240 g/ 8.5 oz) + 3.6 g net carbs per serving

Instructions

1. Preheat oven to 230 °C/ 450 °F (conventional), or 210 °C/ 410 °F (fan assisted) and line a baking sheet with parchment or aluminum foil. Mix the crushed macadamia nuts with the spices.
2. Press the fish into the mixture to coat before placing on the baking sheet. Bake for 10 minutes until golden and cooked through.
3. Place all of the salsa ingredients in a bowl.
4. Season with salt and pepper to taste. Mix together the salsa

ingredients.

5. Place the fish on top of the cauliflower rice and top with salsa before serving. Serve immediately.
6. To store, keep fish and cauli-rice separately from the salsa. Both can be stored in the fridge for up to 3 days.

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