



Salmon with Mango Salsa

Introduction

Salmon with mango salsa is a vibrant dish that beautifully combines the rich flavors of salmon with the sweetness of mango and a hint of citrus. This recipe is not only easy to make but also presents a feast for the eyes and the palate, making it a perfect choice for weeknight dinners or special occasions.

Detailed Ingredients with measures

Salmon fillets - 4 (6-ounce each)

Olive oil - 2 tablespoons

Salt - to taste

Black pepper - to taste

Paprika - 1 teaspoon

Lime - 1, juiced

Mango - 1, diced

Red onion - $\frac{1}{4}$ cup, finely chopped

Cilantro - $\frac{1}{4}$ cup, chopped

Jalapeño - 1, seeded and minced

Honey - 1 tablespoon

Prep Time

15 minutes

Cook Time, Total Time, Yield

Cook Time - 10 minutes

Total Time - 25 minutes

Yield - 4 servings



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Detailed Directions and Instructions

Preparation of the Mango Salsa

1. Start by dicing the mango into small pieces and add it to a mixing bowl.
2. Finely chop the red onion and jalapeño pepper, then add them to the bowl with the mango.
3. Chop the fresh cilantro and add it to the mixture.
4. Squeeze fresh lime juice over the salsa ingredients and mix well to combine.
5. Season with salt to taste and set aside to let the flavors meld.

Cooking the Salmon

1. Preheat your oven to 400°F (200°C).
2. Season the salmon fillets with olive oil, salt, and pepper on both sides.
3. Heat an oven-safe skillet over medium-high heat and add a little olive oil.
4. Once the skillet is hot, place the salmon skin-side down in the skillet and cook for about 3-4 minutes until the skin is crispy.
5. Carefully flip the salmon fillets and transfer the skillet to the preheated oven.
6. Bake the salmon for 6-8 minutes, or until it flakes easily with a fork.

Serving the Dish

1. Once the salmon is cooked, remove the skillet from the oven.
2. Place each salmon fillet on a serving plate.
3. Generously top each fillet with the prepared mango salsa.
4. Garnish with additional cilantro or lime wedges, if desired.

Notes

Substitution Options

- If fresh mango is not available, you can use canned mango chunks (drained) as an alternative.
- For a milder salsa, omit the jalapeño or use a smaller amount.

Storage

- Leftover mango salsa can be stored in an airtight container in the refrigerator for up to 3 days.
- Cooked salmon can be stored in the refrigerator and consumed within 2-3 days.

Serving Suggestions

- Serve the salmon with a side of rice or a fresh green salad for a complete meal.
- Consider adding avocado slices on top for added creaminess.



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Cook techniques

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