



**COOK TIME**  
15 MIN

**PREP TIME**  
10 MIN

**YIELDS**  
2 SERVINGS

## MANGO SALSA SALMON

Looking for a bright, fun way to spice up salmon? This sweet, tropical twist with mango salsa will give you everything you didn't know you needed.

### INGREDIENTS:

#### For the Mango Salsa

2 mangoes, peeled and diced	¼ cup chopped fresh cilantro, plus more for garnish
1 medium avocado, diced	½ jalapeño, seeded and diced (varies depending on your heat preference)
½ cup chopped red bell pepper	
1/3 cup chopped red onion	
2 Tbsp fresh lime juice	Salt, to taste

#### Salmon

4 6-oz, skin-on salmon filets  
2 Tbsp minced garlic  
1/3 cup extra virgin olive oil  
1 Tsp garlic powder  
1 Tsp salt  
1/2 Tsp black pepper  
1/4 Tsp cayenne pepper, optional  
Basting brush



## HOW TO MAKE

### EXPRESS LANE TIPS:

Try frozen mangoes instead of slicing and peeling fresh mangoes. Frozen salmon is just as delicious and nutritious as fresh salmon; simply defrost ahead of time. No basting brush? Spoon garlic oil over fish.

### PERSONALIZE IT:

Add pasta, brown rice, or the cilantro lime rice from the Tropical Pineapple Chicken and Cilantro Lime Rice Bowl. Mango salsa also makes a great dip or salad dressing—or stir it into mashed avocado for a twist on traditional guacamole.

### STEPS:

#### For the Mango Salsa

1. In a bowl, combine ingredients and stir.
2. Garnish with cilantro. Cover with plastic wrap or aluminum foil and set aside.

#### For the Salmon

3. Place brush salmon skin-side down on your work surface.
4. In a small bowl, combine olive oil, garlic, garlic powder, salt, black pepper and cayenne pepper. Mix well.
5. Using a basting brush, dip into olive oil mixture and brush onto salmon.
6. Preheat a medium-sized non-stick skillet or pan over medium-high heat.
7. Place salmon into a pan with the skin side up and sear for about 4 minutes. Avoid moving your salmon to get a crispy, golden crust.
8. Gently flip your salmon onto its side and sear for 1 minute. Repeat on the other side.
9. Flip to skin side down and cook for about 2 additional minutes. Remove from heat and transfer to a plate.
10. Top with mango salsa and enjoy!