

Roasted Salmon with Avocado & Mango Salsa

Serves 4

Ingredients

Olive oil
4, 6-ounce salmon fillets, or one large piece of salmon
Salt
Freshly ground black pepper
2 mangos, cut in half and cubed
2 avocados
1/4 cup minced red onion
1 serrano chile, minced
2 limes, juiced (about 4 tablespoons lime juice)
1 clove garlic, minced
1/4 cup fresh cilantro, chopped
1 tablespoon olive oil

Directions

Preheat the oven to 400 degrees.

Prepare the mangos while the oven is heating. Cut away each side of the mango from the pit. The mango has a flat-ish oblong pit in the center of it. You need to cut along the sides of the pit, separating the flesh from the pit.

Hold the mango with one hand, stand it on its end, stem side down. By standing the mango up like this you should be able to imagine the alignment of the flat, oval pit inside of it. With a sharp knife in your other hand, cut from the top of the mango, down one side of the pit. Then repeat with the other side.

You will have three pieces; two halves, and a middle section that includes the pit.

Take the mango half and use a paring knife to make lengthwise and crosswise cuts in it, trying not to cut through the peel. Invert the mango half so that the cut segments are sticking out like a hedgehog.

Using your paring knife peel or gently cut away the pieces from the peel. Place the mango pieces in a bowl.

Line a roasting pan with parchment paper or aluminum foil. Spread some olive oil on top of the paper. Coat the salmon fillets with olive oil and lay, skin side down, on the paper lined roasting pan. Sprinkle with salt and freshly ground black pepper.

Place in the oven and cook for 10 minutes.

While the salmon is cooking, make the salsa.

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Cut the avocados in half. Remove the seeds. Score the inside of the avocados with a paring knife in a cross hatch pattern. Scoop out the avocado pieces and add them to the bowl with the cut mango pieces.

Add the minced red onion, serrano chile, lime juice, minced garlic, chopped cilantro and 1 tablespoon olive oil.

Sprinkle with a little salt. Gently fold the ingredients together. Taste and adjust the seasonings if necessary.

Serve the salmon fillets with a generous portion of avocado mango salsa.