

SPICY SALMON WITH MANGO SALSA

serves two

INGREDIENTS

2 salmon fillets

juice 1 lemon

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pinch of salt and pepper

1 mango, cubed

1 avocado, cubed

1 red pepper, chopped into small chunks

1 jalapeño deseeded and finely chopped

2 large handfuls of coriander, finely chopped

METHOD:

Preheat oven to 190C/350F. In a large nonstick baking dish, add the salmon skin side down and squeeze the juice of 1 lemon over the top. Season with salt, pepper and chill flakes (optional). Bake the fish for 25 minutes, until the salmon flakes easily when tested with a fork.

Make the salsa, preparing all the ingredients and mixing together in a bowl. Make sure you test the level of heat from the pepper and add to taste.

Serve your fish with a side of mango salsa.