

Grilled Faroe Island Salmon with Mango Salsa

Recipe By Nicole Gaffney (ColeyCooks.com)

Serves: 4

Prep Time: 15 minutes

Cook Time: 10 minutes

Total Time: 25 minutes

1 ripe mango, peeled pitted and diced
3 scallions, thinly sliced on a bias, green parts only
1/2 jalapeño pepper, minced (remove the seeds for a milder salsa)
1/2 red bell pepper, diced
1/2 cup fresh cilantro, minced
1/4 cup fresh lime juice, plus extra lime wedges for the table
1 1/2 teaspoons salt, divided
1/2 teaspoon black pepper
3/4 teaspoon ground cumin
4 6-oz Faroe Island Salmon filets, defrosted
1 tablespoon vegetable oil
Cooking spray for the grill

Combine the diced mango, scallions, jalapeños, red bell peppers, cilantro, lime juice and 1/2 teaspoon salt in a bowl, and mix to combine. Set aside to let the flavors meld while you prepare the salmon.

Mix together the remaining 1 teaspoon of salt and pepper with the cumin. Remove the defrosted Faroe Island salmon filets from the package, and use paper towels to pat them dry. Pour the oil over the salmon filets and use your hands to coat them thoroughly on all sides. Sprinkle with half of the cumin mixture, then flip over and sprinkle the other sides with the rest.

Preheat a grill to medium heat, and once heated, clean the grates and generously spray them with cooking spray. Don't skip this step! It's crucial to keeping the fish from sticking. Gently place each salmon filet on the grill, close it, and let cook for about 2-3 minutes. Spray the tops of the fish with cooking spray, then use a spatula to carefully lift each piece and flip them over to the other side. Cook for another 2-3 minutes, or until done to your liking.

Remove the salmon from the grill and place on a platter. Top with a few spoonfuls of mango salsa, and place some lime wedges around the edge of the plate to garnish. Serve immediately, with extra mango salsa on the side.