



Grilled Tilapia with Mango Salsa

Oscar · 29/09/2024



Prep Time

1 hr

Difficult

Medium

Servings

1 hr 55 mins

Description

This mango salsa for fish is super easy and can be made the day ahead to save time. Don't let the list of ingredients put you off; this salsa gets rave reviews whenever I serve it. Combine leftover salsa with some drained black beans the next day for lunch.

Ingredients

- 1/2 cup extra-virgin olive oil - 1 tablespoon lemon juice - 1 tablespoon minced fresh parsley - 1 clove garlic
- minced - 1 teaspoon dried basil - 1 teaspoon ground black pepper - 1/2 teaspoon salt - 2 (6 ounce) tilapia fillets - 1 large ripe mango
- peeled
- pitted and diced - 1/2 red bell pepper
- diced - 1 jalapeno pepper
- seeded and minced - 2 tablespoons minced red onion - 1 tablespoon chopped fresh cilantro - 2 tablespoons lime juice - 1 tablespoon lemon juice - salt and pepper to taste

Instructions

1. Prepare the fish: Whisk together olive oil
2. lemon juice
3. parsley
4. garlic
5. basil
6. black pepper
7. and salt in a bowl and pour into a resealable plastic bag. Add tilapia fillets
8. coat with the marinade
9. squeeze out excess air
10. and seal the bag. Marinate in the refrigerator for 1 hour. Meanwhile
11. make the salsa: Combine mango
12. bell pepper
13. jalapeño pepper
14. red onion
15. and cilantro in a bowl. Add lime and lemon juices and toss well. Season to taste with salt and pepper. Refrigerate until ready to serve. Preheat an outdoor grill for medium-high heat and lightly oil the grate. Remove tilapia from the marinade and shake off excess. Discard remaining marinade. Grill fillets until fish is no longer translucent in the center and flakes easily with a fork
16. 3 to 4 minutes per side
17. depending on the thickness of the fillets. Serve tilapia topped with mango salsa. Recipe Tip Strawberries can be substituted for the mango; both are excellent. Editor's Note: The nutrition data for this recipe includes information for the full amount of the marinade ingredients. Depending on marinating time
18. ingredients
19. cooking method
20. etc.
21. the actual amount of the marinade consumed will vary.