

Caribbean Fish With Mango Salsa

Savannah · 30/09/2024



Prep Time

30 mins

Difficult

Medium

Servings

1 hr 25 mins

Description

This Caribbean fish recipe can be made with fish or with scallops and will wake up your taste buds I am not a real recipe follower and I change it around all the time Hope this works for you

Ingredients

- - 1 tablespoon paprika - 2 teaspoons curry powder - 2 teaspoons ground cumin - 1 ½ teaspoons ground allspice - 1 teaspoon ground ginger - 1 teaspoon ground coriander - ¾ teaspoon salt - ½ teaspoon freshly ground black pepper - ¼ teaspoon ground fennel seed (Optional) - ? teaspoon cayenne pepper (Optional) - 1 mango - peeled
- seeded and diced - 1 cup chopped fresh pineapple - ½ red bell pepper
- chopped - ½ cup black beans
- rinsed and drained (Optional) - ½ red onion
- finely chopped - 3 tablespoons chopped fresh cilantro - 3 tablespoons fresh lime juice - 1 large egg - ? cup milk - 1 cup panko bread crumbs - 1 tablespoon dried unsweetened coconut
- or to taste (Optional) - 1 tablespoon olive oil
- or as needed - 5 (4 ounce) fillets tilapia

Instructions

1. Mix together paprika
2. curry powder
3. cumin
4. allspice
5. ginger
6. coriander
7. salt
8. black pepper
9. fennel
10. and cayenne pepper in a bowl; set aside. In a bowl
11. lightly toss mango
12. pineapple
13. red bell pepper
14. black beans
15. red onion
16. and cilantro in a bowl; pour lime juice over mango mixture and toss again. Cover the bowl and refrigerate until chilled
17. at least 30 minutes. Whisk together egg and milk in a bowl. In a separate shallow bowl
18. stir panko crumbs with coconut. Stir about 1 tablespoon of the spice mix
19. or to taste
20. into the panko crumb mixture. Heat olive oil in a skillet over medium heat. Dip tilapia fillets into egg mixture
21. then press gently into panko crumb mixture to coat both sides of fillets. Brush off any loose crumbs
22. then lay fillets into the hot oil. Pan-fry until fish is opaque inside and golden brown outside
23. 3 to 5 minutes per side. Serve with mango salsa. Tips The spice mix can be used as desired and will keep for a while. If you want to make this recipe with scallops
24. simply cook them for 2 minutes on each side. If they are overcooked
25. they can be a little tough. Complete this dish with Zatarain's Caribbean rice on the side. Add 1/2 red bell pepper and 1/4 cup of fresh pineapple to the rice. Editor's Note The nutrition data for this recipe includes the full amount of the breading ingredients and spice mix. The actual amount of the breading consumed will vary.