

Saumon GrillØ avec Salsa Mangue et Riz - Fresh, Vibrant, and Easy

If you're dreaming of sunshine on a plate, this



TIME
30 min

PRINT
Recipe Card

SAVE
PDF

SOURCE
ChefManiac

INGREDIENTS

For the Salmon:

- 4 salmon filets
- 1 tablespoon lemon juice
- 2 garlic cloves, minced
- $\frac{1}{2}$ teaspoon chili powder (optional)
- Salt and pepper, to taste

1 tablespoon olive oil

For the Mango Salsa:

- 1 ripe mango, diced
- $\frac{1}{2}$ cup diced tomatoes
- $\frac{1}{4}$ cup finely chopped red onion
- 1 diced avocado
- 2 tablespoons chopped fresh cilantro
- Juice of 1 lime

For the Rice:

- 2 cups cooked white or jasmine rice
- 1 tablespoon chopped fresh cilantro (for garnish)

DIRECTIONS

- 1.** Make the Mango Salsa: In a medium bowl, combine the mango, tomatoes, red onion, avocado, and cilantro. Squeeze fresh lime juice over the top, season with salt and pepper, and toss gently. Set aside to let the flavors meld.
- 2.** Marinate the Salmon: In a small bowl, whisk together olive oil, lemon juice, minced garlic, chili powder, salt, and pepper. Brush over the salmon filets and let them marinate for 15-20 minutes.
- 3.** Grill the Salmon: Preheat your grill or grill pan over medium heat. Grill the salmon skin-side down for 4-5 minutes per side, or until it flakes easily with a fork.
- 4.** Assemble the Dish: Spoon rice onto plates and top with grilled salmon. Generously spoon mango salsa over the top. Garnish with extra avocado slices and cilantro, if desired.

SWAPS & NOTES

Try ripe peaches or pineapple as an alternative.
Add heat with a diced jalapeño in the salsa.

Use wild-caught salmon for the best texture and flavor.

TIPS FOR SUCCESS

Don't overcook the salmon -watch closely and remove as soon as it flakes.

Use a fish spatula to flip the salmon without breaking it apart.

Make the salsa first so it has time to chill and develop flavor.

More recipes: [ChefManiac.com](https://chefmaniac.com)

Original recipe: <https://chefmaniac.com/saumon-grille-avec-salsa-mangue-et-riz-fresh-vibrant-and-easy/>