

Grilled Salmon with Mango Salsa: A Healthy & Vibrant 30-Minute Meal

Grilled Salmon with Mango Salsa & Cilantro Rice: The Perfect Summer Dinner



TIME
30 min

TEMP
145°F

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Recipe Card

SAVE
PDF

INGREDIENTS

2 salmon fillets (about 6 oz each)
1 tsp olive oil
Salt & black pepper
1 cup cooked white rice
2 tbsp fresh cilantro, chopped
For the Mango Salsa: 1 ripe mango, diced
¼ red onion, finely diced
¼ red bell pepper, finely diced
1 tbsp fresh cilantro, chopped
Juice of 1 lime
Salt to taste
For Serving: Lime wedges

DIRECTIONS

- 1.** Cook the : Rice: Prepare your white rice according to the package directions. Once it's cooked and fluffy, stir in the chopped cilantro. Set it aside and keep it warm.
- 2.** Make the : Salsa: In a medium bowl, combine the diced mango, red onion, red bell pepper, chopped cilantro, and the juice of one lime. Stir gently to combine. Add salt to taste, and set the salsa aside.
- 3.** Grill the : Salmon: Preheat your grill to medium-high heat. Brush the salmon fillets with olive oil and season both sides generously with salt and pepper.
- 4.** Place the salmon on the grill, skin-side down (if it has skin). Grill for 4-5 minutes per side, or until the salmon is cooked through and flakes easily with a fork. The cooking time will depend on the thickness of your fillets.
- 5.** Assemble and : Serve: Place a portion of the cilantro rice on a plate. Top the rice with a grilled salmon fillet. Spoon a generous amount of the fresh mango salsa over the salmon. Serve immediately with a lime wedge on the side for an extra squeeze of fresh citrus.

SWAPS & NOTES

Salmon: Any type of salmon will work, but a thicker fillet is less likely to dry out on the grill.
You can also cook the salmon in a hot pan or bake it in the oven.

Salsa: If mango isn't in season, you can use diced peaches or pineapple for a similar tropical flavor.
Diced jalapeño can also be added for a spicy kick.

TIPS FOR SUCCESS

Don't Overcook the Salmon: Salmon cooks very quickly, and overcooked salmon can be dry.

The fish is done when it's flaky in the center and has reached an internal temperature of 145°F (63°C).

Use a Ripe Mango: A ripe mango will be slightly soft to the touch and will add the perfect amount of sweetness to your salsa.

Prep Ahead: You can chop all the ingredients for the salsa and store them in separate airtight containers in the refrigerator.

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

Original recipe: <https://chefmaniac.com/grilled-salmon-with-mango-salsa-a-healthy-vibrant-30-minute-meal/>