



Triggerfish with Mango Salsa

Serves 4

Ingredients

- 8 - 4oz triggerfish fillets
- 5 tablespoons olive oil
- 1 tablespoon salt
- 5 ounces fresh washed spinach
- Chopped parsley for garnish

Salsa Ingredients

- 1 fresh mango - peeled, cored and diced
- 1 fresh tomato, diced
- 1 medium sweet onion, chopped
- 1/4 cup fresh cilantro, chopped
- 1/2 teaspoon sea salt
- Juice of 1/2 lime

Directions

Combine salsa ingredients in a bowl, cover and refrigerate for 2 to 12 hours. Stir again to blend.

Arrange spinach to fill and slightly hang over the sides of a medium sized shallow casserole dish. Microwave spinach for 1 minute max. Lightly salt the fish fillets and set into very hot olive oil in frying pan over high heat. Sear only until golden brown on one side (approx 2-3 minutes). Gently turn with spatula. After turning the last of the fillets, immediately begin removing the fillets in the same order as you turned them so as not to overcook. Arrange the fillets on the bed of spinach golden side up. Spoon 1/2 the salsa over the dish and serve the other half on the side. Place the casserole in a pre-heated 400 degree oven for 5-6 minutes. Garnish with chopped parsley. Serve with your favorite warm rolls and a side of either julian steamed carrots and green beans or corn.