

GRILLED SALMON AND MANGO SALAD

RESTING ON A BED OF QUINOA RICE!



Sabor
A BAJA

BROUGHT TO YOU BY
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NATURE'S BEST OPTIONS!

Looking for a fresh, lean and delicious meal for the family to enjoy? Look no more! This recipe will bring you the best of different worlds. Salmon is considered the pink gold of the sea, and one of the best proteins for human consumption, rich in many nutrients like Omega 3. Quinoa and rice, contain high levels of fiber and minerals. Plus, the mango salad gives you a boosting tropical experience, plus all the vitamins your body needs!

Abril.



INGREDIENTS

FOR THE MANGO SALAD

- 1 diced mango
- 1/4 chopped red onion
- 1 diced bell pepper, red
- 1 chopped cucumber (seeds previously removed)
- 1 chopped Jalapeno (optional)
- A handful of cilantro, chopped
- The juice of 2 limes
- Salt and Pepper to taste
- 1 Avocado chopped or sliced
- 2 Tbs of Olive Oil

FOR THE SALMON

- 3 pieces of fresh salmon, with skin
- 4 Tbs of vegetable oil
- 1 Tbs of powdered coriander
- 1 Tbs of paprika
- Salt and Pepper to taste



DIRECTIONS

For the Mango Salad: in a bowl, add all the ingredients together and mix thoroughly. Refrigerate for 1 hour before serving. Keep refrigerated.

Grilled Salmon: Wash the pieces of salmon and dry them with the help of a paper towel. In a small bowl, mix the oil, the powdered coriander, the paprika, salt, and pepper and whisk to a homogeneous blend. Bring the salmon and the mix to a Ziploc bag, seal it and softly shake it until all ingredients blend together. Let it sit for 1 hour.

Bring a pre-greased frying pan or griller, to medium-high heat. Cook the pieces of salmon, skin side down first, once browned, flip and cook until the side browns.

In a bed of rice, lay the grilled salmon and top with a few spoons of Mango Salad, making sure to drizzle some of the salad juice around.



**ABUELITA'S TIP
OF THE DAY:**

Add a cup of quinoa for every 2 cups of rice you want to make. For every cup of rice, consider adding 2 cups of water. Cook in a pot (low heat until tender) or in a Rice Maker.