

# Grilled Salmon with Tomato Mango Chutney

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A colorful addition to salmon.

## Timing

Prep time	Total time	Skill level
15 mins	30 mins	Easy

## What You'll Need



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4-4 oz. Portions (1 inch thick) of fresh or thawed Atlantic salmon with skin on one side. (trout also works well)



¼ Cup dried coriander



1 tsp. Kosher salt



1 tsp. Black pepper



1/8 Cup sesame seeds

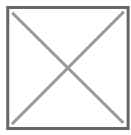


Salt and pepper

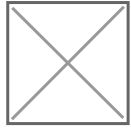


1 tbsp. Olive or vegetable oil

## Chutney



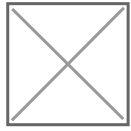
½ Cup quartered cherry tomatoes



½ Cup of frozen corn (or 1 cob of corn)



¼ Cup red onion diced small



½ Cup small diced mango



¼ Cup fresh chopped cilantro



¼ tsp. Crush dried chili pepper



1 tsp. Sesame oil



Salt and pepper

## Directions

1. Wash and pat dry salmon with a paper towel
2. Liberally coat with dried dill, coriander, salt, pepper, and top with sesame seeds. This will form a crunchy crust.
3. Preheat heavy frying pan to medium-high heat. (Cast iron or oven-ready pan)
4. Preheat oven to 350°F. Add 1 tbsp. olive or vegetable oil.
5. Place coated fish flesh down and sear for 3 minutes or until crust has formed.
6. Carefully turn fish onto skin side and cook another 3 minutes until skin has been seared.
7. Place pan in oven on middle rack and turn broiler onto high for 5 minutes.
8. This will finish cooking the fish in the center and brown the top further.

## Mango Chutney

1. Mix tomatoes, corn, red onion, mango, cilantro chili pepper, and sesame oil in a bowl.
2. Season with salt and pepper.