

# Grilled Tilapia with Mango Salsa

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Prep Time: 45 Minutes

Cook Time: 10 Minutes Ready In: 1 Hour 55 Minutes

Servings: 2

"Don't let the list of ingredients fool you. This is super easy, and gets rave reviews whenever I serve it. The salsa can be made the day ahead to save time. Strawberries can be substituted for the mango if you prefer - both are excellent! Combine leftover salsa with some drained black beans the next day for lunch."

## INGREDIENTS:

1/3 cup extra-virgin olive oil	1 large ripe mango, peeled, pitted and diced
1 tablespoon lemon juice	1/2 red bell pepper, diced
2 tablespoon minced fresh parsley	2 tablespoons minced red onion
1 clove garlic, minced	2 tablespoon chopped fresh cilantro
1 teaspoon dried basil	1 jalapeno pepper, seeded and minced
1 teaspoon ground black pepper	2 tablespoons lime juice
1/2 teaspoon salt	1 tablespoon lemon juice
2 (6 ounce) tilapia fillets	salt and pepper to taste

## DIRECTIONS:

1. Whisk together the extra-virgin olive oil, 1 tablespoon lemon juice, parsley, garlic, basil, 1 teaspoon pepper, and 1/2 teaspoon salt in a bowl and pour into a zip lock plastic bag. Add the tilapia fillets, coat with the marinade, squeeze out excess air, and seal the bag. Marinate in the refrigerator for 1 hour.
2. Prepare the mango salsa by combining the mango, red bell pepper, red onion, cilantro, and jalapeno pepper in a bowl. Add the lime juice and 1 tablespoon of lemon juice, and toss well. Season to taste with salt and pepper, and refrigerate until ready to serve.
3. Preheat an outdoor grill for medium-high heat, and lightly oil grate.
4. Remove the tilapia from the marinade, and shake off excess. Discard the remaining marinade. Grill the fillets until the fish is no longer translucent in the center, and flakes easily with a fork, 3 to 4 minutes per side, depending on the thickness of the fillets. Serve the tilapia topped with mango salsa.

## NOTES:

This recipe came from Allrecipes.com. First attempted on 5/17/2009. Omitted the salt and pepper from the salsa. Salt & pepper to taste is miss leading, ADD the salt and pepper with a heavy hand. The fish cooked over medium heat gas grill for 8 minutes. It needed to be cooked a minute longer at higher heat to get a better sear marks on the fish. An hour was not long enough for the marinating. Jaime added black beans to the salsa leftovers and took it for lunch the next day.