



Jerk Salmon

with Grilled Mango Salsa & Rice



30min



2 Servings

Caribbean vibes are blowing our way with this easy feast of flavor and texture. Jerk seasoning brings subtle heat to tender salmon filets that grill until the skin is crispy. Fresh mangos take a turn on the grill and bring tender sweetness to a limey salsa with crisp cucumbers, shallots, and jalapeños that takes the fish to new heights. A helping of aromatic basmati rice helps soak up all the flavors of the islands.

What we send

- 5 oz basmati rice
- 1 shallot
- 1 cucumber
- 1 jalapeño chile
- 1 lime
- 1 mango
- 10 oz pkg salmon filets ⁴
- ¼ oz jerk seasoning ^{1,6}
- ¼ oz fresh cilantro

What you need

- kosher salt & ground pepper
- sugar
- neutral oil

Tools

- small saucepan
- grill or grill pan

Allergens

Wheat (1), Fish (4), Soy (6). May contain traces of other allergens. Packaged in a facility that packages gluten containing products.

Nutrition per serving

Calories 770kcal, Fat 27g, Carbs 97g, Protein 38g



1. Cook rice

In a small saucepan, combine **rice**, **1 ¼ cups water**, and **½ teaspoon salt**. Bring to a boil. Cover and cook over low heat until rice is tender and liquid is absorbed, about 17 minutes. Keep covered until ready to serve.



2. Prep salsa

Thinly slice **shallot**. Halve **cucumber** crosswise; peel one half (save rest for own use). Halve lengthwise, scoop out and discard seeds, and thinly slice into half moons. Finely chop **half of the jalapeño** (save rest for own use).

Squeeze **juice of half the lime** into a medium bowl. Whisk in **1 teaspoon sugar** and **½ teaspoon salt**. Stir in shallots, cucumbers, and jalapeños.

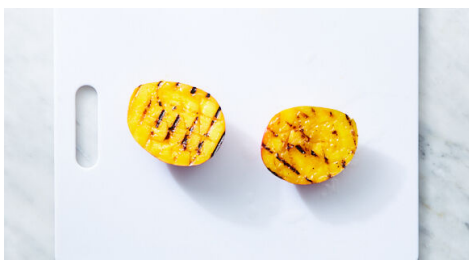


3. Prep mango & fish

Preheat a grill or grill pan over medium-high heat.

Cut **remaining lime** into wedges. Cut **mango** along both sides of pit. Score cut sides of mango to create a ½-inch crosshatch pattern, stopping at the skin. Brush cut sides of mango with **oil**.

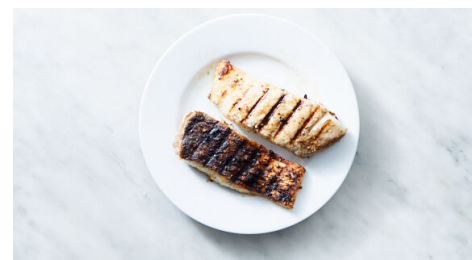
Pat **fish** dry; rub all over with **jerk seasoning** and **1 tablespoon oil**. Season with **salt** and **pepper**.



4. Grill mango

Grill **mango**, cut-side down, until tender and charred in spots, 6-10 minutes.

Set aside until cool enough to handle.



5. SALMON VARIATION

Add **salmon** to grill, skin-side down. Firmly press each filet with back of a spatula, 10 seconds. Cook, occasionally pressing gently on filets, until skin is well browned and very crisp where it touches the grill and fish is almost cooked through, 4-5 minutes. Flip fish; cook until just medium, 1-2 minutes more.



6. Finish & serve

Use a spoon to scoop **grilled mango** out of skins directly into bowl with **salsa**; stir to combine. Season to taste with **salt** and **pepper**. Fluff **rice** with a fork.

Serve **jerk salmon** with **rice** and **mango salsa** alongside. Garnish with **cilantro sprigs** and serve with **lime wedges**.