



## Jerk Tilapia

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 mild tilapia filets that grill to a charred finish. 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 tilapia <sup>4</sup>
- ¼ oz jerk seasoning <sup>1,6</sup>
- 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 610kcal, Fat 11g, Carbs 97g, Protein 37g



### 1. Cook rice

In a small saucepan, combine **rice**, **1¼ 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**.

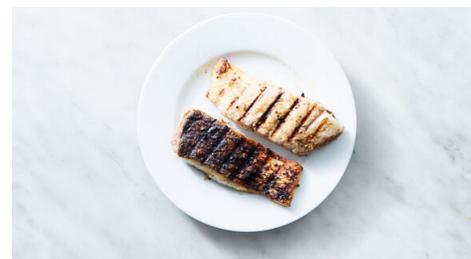
Pat **fish** dry; rub all over with **jerk seasoning** and **1 tablespoon oil**. Season with **salt** and **pepper**.



### 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. TILAPIA VARIATION

Oil grill grates. Add **tilapia** to grill. Cook until lightly charred and cooked through, 3-4 minutes per side.



### 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 tilapia** with **rice** and **mango salsa** alongside. Garnish with **cilantro sprigs** and serve with **lime wedges**.